



Theos take to the streets

A night on patrol with enforcement officers

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Cash help for uni-bound kids

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Slam dunk with the Lions

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ISSUE 967 8 - 14 JULY 2013

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eastendlife

NEWS FROM TOWER HAMLETS COUNCIL AND YOUR COMMUNITY

FALSE START FOR TUNNEL RACERS

Police and council stop drivers using roads as racetrack

PERFECT PLAYTIME



The new playground at Bangabandhu Primary School in Bethnal Green was formally opened on Friday in blazing sunshine, with Mayor Lutfur Rahman and council speaker Cllr Lesley Pavitt joining in the celebrations. Full story in next week's edition.

BY RAJU MIAH

DRIVERS turning up to race through the borough's tunnels last weekend were shown the red flag by police and council officers.

Four hundred people had signed up online to take part in tunnel races on Saturday, June 29 organised by the Essex Drifters motoring club along a route which included Westferry Circus, the Limehouse link and Rotherhithe tunnel.

But those that turned up soon lost interest as police and council officers worked together to minimise disturbance. Most of the drivers had left the borough by midnight, heading towards Essex.

The council's CCTV moving traffic officers monitored the cars coming into the borough, enabling the police to deter vehicles from parking or causing nuisance and ensuring a smooth traffic flow.

They were also able to respond quickly to potential disturbances, ensuring vehicles were unable to stop other traffic.



CCTV of the 'tunnel run' cars at Westferry Circus

disruption to residents. Our officers worked late into the night to provide a visible presence and prevent any disturbance."

Deputy Mayor Cllr Ohid Ahmed added: "Unauthorised events like these are hazardous. We responded and made sure we managed the situation to minimise impact in our borough."

Continued on page 7

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Onwards and upwards

Currently 23.5% of young people in the borough go into higher education. The national average was 49% last year.



Education grant scheme is launched

A total of 400 bursaries are available for students starting higher education in 2013/14 and 400 the following academic year (2014/15). The cost of the scheme is £1.26 million over two years.

News

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East End Life is published by Tower Hamlets Council with a print run of 99,000 copies delivered to homes, organisations and businesses in the borough every week.



The official independently audited door-to-door delivery is 83,428 Audit Bureau of Circulation (ABC Regional) July-December 2012.

East End Life was the first weekly newspaper produced by a local authority in the UK with a net cost of 4.6p per copy per week to produce. Paid-for advertisements are carried to keep costs to a minimum.

Information included in the newspaper is not necessarily endorsed by Tower Hamlets Council.



East End Life is printed on recycled paper – when you have finished with the newspaper, please recycle it.

Groundbreaking scheme is set to benefit students

BY IAN READ

A GROUNDBREAKING new scheme helping young people with the cost of university was formally launched last week.

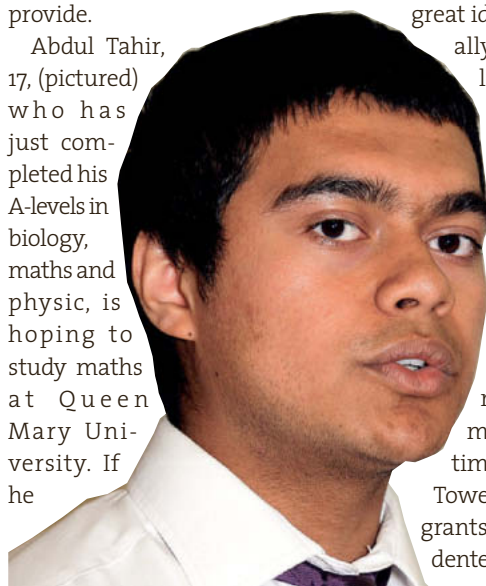
Under the Mayor's Higher Education Award, 400 students will each receive payments totalling £1,500.

Tower Hamlets is the first council in the country to launch a higher education grant programme of this scale and the scheme has received the support of Deputy Prime Minister Nick Clegg who wrote to the council wishing it "the very best".

Guardian columnist Polly Toynbee has also described it as a "great" initiative.

Speaking at the launch at Mulberry School for Girls in Stepney, a student from St Paul's Way Trust School in Bow described the help the grant would provide.

Abdul Tahir, 17, (pictured) who has just completed his A-levels in biology, maths and physics, is hoping to study maths at Queen Mary University. If he



Mulberry School students at the launch of the Mayor's Higher Education Award

gets the grades he needs, he will be the first person from his family to go to university.

"This award scheme is a great idea and it will really help students like myself who want to go to university but don't want to get a part-time job to support my studies," he said. "I want to be able to focus all my attention on my studies and make the most of my time at university."

Tower Hamlets' 400 grants is an unprecedented move by a local

authority, and will support around half the number of young people in the borough who go to university. At present, only one other council distributes grants, benefiting a handful of students each year.

Mayor Lutfur Rahman: "As mayor of this borough I feel it is my responsibility to do all I can to ensure that our young residents have the best start to life. I am not prepared to allow the young people in this borough to be punished for a financial crisis they did not cause.

"Going to university is a fantastic experience and I want to ensure that financial constraints do not play a part in making a decision to go on to university."

Cabinet member for children,

schools and families Cllr Oliur Rahman said: "I was brought up believing education is the route towards social advancement. And that is more true today than ever before. That's why improving levels of education has been one of our top priorities."

To be eligible for funding through the Mayor's Higher Education Award, students must be under 24, be permanent residents of Tower Hamlets and be starting higher education courses in the 2013/14 academic year.

For information visit www.towerhamlets.gov.uk/higher - applications close on October 11.

■ **Students welcome university grant** – see pages 20 & 21

eastendlife

soundtalking

East End Life is also available on audio tape – if you know someone who would like to receive it in this format call 7364 4309 or email mariette@soundtalking.co.uk

Printed by Trinity Mirror.

Distributed by The Distribution Company, Bow Triangle, E3.

Tel: 8983 9944

If you know someone who does not receive **East End Life** call 7364 0474 or email abdul.miah@towerhamlets.gov.uk

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NEWS FROM TOWER HAMLETS COUNCIL AND YOUR COMMUNITY

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Slam dunk with the Lions
Play for your Old Lion

City of London
Tower Hamlets is a part of the City of London



United we stand

Speaking at the UEE rally last week, the Rev Alan Green, chair of Tower Hamlets Inter Faith Forum, recalled the successful peaceful demonstrations organised by UEE in 2010 and 2011.

STORY BELOW

Student showcase

The Portman Gallery is based at Morpeth School in Bethnal Green but is open to the wider community.

WWW.PORTMAN-GALLERY.COM

News



Faith leaders, anti-racist campaigners, politicians and speakers from 21 community organisations came together to give united support to community

Rally brings community together

BY LARAINÉ CLAY

SCORES of residents attended a rally to send out the resounding message that Tower Hamlets is 'No Place for Hate'.

Organised by United East End (UEE), it saw faith leaders, anti-racist campaigners, politicians and speakers from 21 different community organisations come together to reject the views of groups that wish to divide communities following the death of Drummer Lee Rigby in Woolwich in May.

Among those attending were repre-

sentatives of the trade union UNISON, local LGBT group Rainbow Hamlets, Unite Community, the London Muslim Centre and East London Central Synagogue.

Speaking at the event, Mayor Lutfur Rahman reaffirmed the sympathy of the entire community for the family of Drummer Rigby, adding: "I would like to reassure all residents that maintaining harmony amongst our diverse communities is my top priority; we must remain united against attempts to divide or disrupt our communities."

Mayor Rahman had written to the

Home Secretary calling for a proposed march through the borough by the English Defence League in August to be banned.

Nacima Khan, from community-based womens' group Muslumaat, insisted the diversity of Tower Hamlets was its strength, a message endorsed by Belle Harris from the National Pensioners Convention, Sheila McGregor a local teacher and London Assembly member John Biggs.

John McLoughlan, branch secretary of Tower Hamlets Unison, said mainstream politicians were stirring up di-

vision by blaming migrants for many of society's problems.

"When they claim migrants are a drain on public services, we point out that the NHS and other services were built by people bringing their commitment and talent from all over the world."

Glyn Robbins, chair of UEE, said: "Now we want to take the message out into the community that Tower Hamlets is No Place for Hate."

The coalition is planning events in schools and libraries, and possibly a music festival aimed at bringing people together from across east London.

News in brief

Engage with art

THE second in a series of annual exhibitions that invite former art students from Morpeth School and Cambridge Heath Sixth Form to showcase their work, opens this week in Bethnal Green.

It highlights the varying pathways students take and the ways they continue to engage with art. Joseph Betteridge, who recently completed his A-levels at Morpeth, curated this year's display entitled Still, which also features work by Charlotte Fountaine, Razmin Haque and Leonie Sinden.

Still opens at 4pm on Thursday, July 11 at the Portman Gallery, Morpeth School, Portman Place, E2 and continues on July 12, 15 & 16 from 4-7pm.

Visit the website www.portman-gallery.com

Fun for the family

FUN activities for the family, free food and entertainment will be on offer at a community festival in Millwall Park on the Isle of Dogs on Saturday, July 20 from 12.30-4.30pm. Six churches on the Island have organised the Fun in the Park festival.

And on Sunday, July 21, churches in the area will come together for a joint celebration with songs, family activities, inspiring stories and a barbecue.

The event, starting at 11am, will be held in a marquee in Millwall Park.

For more information email admin@quaystone.org

Police search for witnesses

DETECTIVES have launched an appeal for witnesses after a man was found dead in a hostel in Whitechapel.

London Ambulance Service called police to the hostel in Code Street on Saturday, June 22 at about 5.30pm where the man, aged in his 40s, was found dead.

A post-mortem examination, held the following day, gave the cause of death as multiple incised wounds.

Officers are trying to contact next of kin to carry out a formal identification.

Detectives want to speak urgently to Mehretab Zemichael, a 42-year-old Eritrean man, (pictured), who was last seen at the

hostel in the early hours of June 22.

People are advised not to approach him but to call police on 999. Anyone with information should call 8345 1570 or contact Crimestoppers on 0800 555111.



Free carnival tickets are up for grabs

FREE tickets are available for residents to see Electric Daisy Carnival set the stage alight at Queen Elizabeth Olympic Park on Saturday, July 20.

Residents can apply for up to two tickets per household in the offer organised by Mayor Lutfur Rahman, Live Nation and the London Legacy Development Corporation. Cabinet member for culture Cllr Rania Khan said: "Electric Daisy Carnival has a formidable line up. I hope that our residents take the opportunity to apply for these great tickets."

To apply for the tickets go to <https://my.towerhamlets.gov.uk> (Surveys) – the deadline is

Wednesday, July 10. An email will be sent to the lucky ticket winners. Tickets are subject to availability and will be issued on a first come, first served basis.

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To find out more, visit tennisintowerhamlets.com



A chance to take centre stage

Established in 1990, Half Moon Theatre gives young people up to the age of 18 an opportunity to experience theatre, both as a participant and as an audience member.

WWW.HALFMOON.ORG.UK

Memorial donation

Peter Renvoize was born in Bethnal Green and became a trustee of the Parmiter's Foundation in 1790

SEE BELOW

News

Eviction order news welcomed by provider

A RESIDENT who caused misery for his neighbours over six years has been evicted by housing provider Poplar Harca.

After more than ten court appearances for harassment, racial abuse, threats and assault, the courts ordered the man to vacate his property in St Leonard's Road, Poplar.

Jamie Lock, head of Poplar Harca's anti-social behaviour (ASB) team, said eviction was always the last resort but added: "The serious nature of this ASB meant that we had to take the strongest action possible to safeguard other residents and our staff."



STUDENTS and staff from a school in Hertfordshire travelled to Bethnal Green to present a donation to the Stairway to Heaven Memorial fund. Parmiter's School was located in Approach Road, Bethnal Green from 1887 until 1981, when it moved to Garston, near Watford.

Visiting the borough last month, staff and students toured the old site which is now occupied by Raine's Foundation School. The visitors also went to Bethnal Green Gardens, where they presented a cheque towards the completion of the monument that is being

built in memory of 173 people who lost their lives in the Bethnal Green Tube disaster of 1943. TV personality Tommy Walsh (pictured above with students and staff), who attended Parmiter's when it was based in Bethnal Green and is now a patron of the Stairway to Heaven charity,

welcomed visitors and gave a talk about the disaster. Later on, the group walked the short distance to St Matthew's Church in Bethnal Green, for a celebration service for Peter Renvoize (1757-1842) who had direct links with Parmiter's, followed by a rededication of the Renvoize family tomb.

News in brief Witness appeal

POLICE are appealing for witnesses after a man was assaulted in Whitechapel.

Shortly before 6pm on Thursday, June 27, members of the public flagged down police officers in Whitechapel Road at the junction with Greatorex Street, E1.

In Greatorex Street the police discovered a 26-year-old man with facial injuries.

Initial inquiries revealed a group of three men had approached the man, who was walking with another man at the time, and engaged him briefly in conversation before attacking him.

The three attackers then fled the scene. Anyone with any information is asked to contact Tower Hamlets CID on 7275 4546 or contact Crimestoppers on 0800 555111.

Theatre boost is set to help teens

BY JESSICA ODUBAYO

A LIMEHOUSE theatre has received a cash boost from top composer Andrew Lloyd Webber to help continue its work with teenagers.

The Andrew Lloyd Webber Foundation will provide a two-year grant of more than £30,000 to Half Moon Theatre to fund its Careers in Theatre programme for young people.

The programme gives practical experience of professional theatre to 14 to 17 year olds.

Half Moon director Chris Elwell said: "This theatre programme has huge value and importance to young people in east London. It provides students with multiple opportunities to improve their confidence, communication, creative development and decision-making."

Last year, Half Moon opened its doors to more than 330 GCSE students as part of the annual programme.

Working in small groups with industry professionals, students are allocated responsibility for all the aspects involved in cre-

ating a play such as lighting, sound, set design, stage management, acting and marketing.

Students also get to perform in Half Moon's professional theatre space.

Madeleine Lloyd Webber, trustee of the foundation, said: "We are delighted to continue supporting projects which provide high quality tuition in the arts and heritage. It's great to see that young people, who often come from disadvantaged backgrounds, can acquire life skills that will equip them for a better future."

Put your best foot forward to raise money

RESIDENTS are invited to raise funds for London's Air Ambulance by competing in a triathlon or half marathon.

By joining its triathlon team, they can compete in the Virgin Active London Triathlon 2013 on July 27 or 28, depending on the distance they choose. There is

a £95 registration fee (non-refundable) to secure a place and participants are requested to get friends and family to sponsor them to raise money.

Sign up by July 12 by emailing l.dixon@londonsairambulance.co.uk.

A few places are also available

on its Run to the Beat half marathon team on September 8.

The 13.1-mile run starts and finishes at the O2 Arena and is set to live music. Email the address above to request a registration form. Forms and a £45 registration fee must be submitted by July 29.

Fostering & Adoption

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7364 5014

How to contact Mayor Rahman

The mayor's web pages can be viewed at www.towerhamlets.gov.uk/mayor or email him at mayor@towerhamlets.gov.uk or call 7364 4993.

WWW.TOWERHAMLETS.GOV.UK

News from the Mayor

A helping hand

LAST Monday, I was proud to launch the Mayor's Higher Education Award.

This new scheme, which is the first of its size in the country, will ease the cost of university for local students.

I know that the 400 grants of £1,500 available from the autumn will make a huge difference and will help to make university more accessible for many young people.

The first meeting of the borough's Business Forum took place only a few days beforehand. This saw 150 organisations from in and around Tower Hamlets, giving them a chance to network and access support and information which will help them to grow their businesses.

Together with last week's jobs fair at York Hall we're currently providing some fantastic support to young people going into higher education and residents looking for jobs.

I strongly believe these initiatives will help build a better borough; one where everyone has a part to play and helps to shape the area where they live.

This is vital when we are faced with the threat of groups like the English Defence League (EDL) marching through our borough, as they tried to do recently. On Monday evening, I



LUTFUR RAHMAN MAYOR OF TOWER HAMLETS

was proud to stand alongside anti-racist campaigners, trade unionists, community and faith leaders at a community rally organised by United East End as we emphasised that Tower Hamlets is No Place for Hate.

And I'm pleased the Home Secretary and the Metropolitan Police are closely monitoring the situation. I hope they take action against the EDL to ban the proposed march through our borough this August, a request I have already made to the Home Secretary.

I will continue to work with local partners and organisations to ensure we stand in solidarity for a diverse, cohesive and tolerant Tower Hamlets.

And finally, these messages of tolerance and peace are particularly relevant as Ramadan starts. I'd like to wish Ramadan Mubarak to all of you who are observing the month of fasting.

Mayor Lutfur Rahman



Residents flock to fair

BY EMILY BLACKSHAW

MORE than 400 residents flocked to a jobs fair in Bethnal Green last week to find out about the range of vacancies, apprenticeships and training available.

Organised by the council's employment and skills service in partnership with Jobcentre Plus, the event at York Hall targeted younger residents and had a specific focus on opportunities within the construction industry.

With over 700 careers to choose from in construction, and a range of opportunities available through the council's Decent Homes contracts – which are improving all council homes through internal and external works – the council is keen to dispel misconceptions about the industry and encourage residents to consider it as a career option.

Over the next ten years, around 35 per cent of all London's building development will be in and around Tower Hamlets, and with some regeneration programmes expected to last for 20 years, construction is a growth industry that could offer a viable



Mayor Lutfur Rahman and Cllr Shafiqul Haque speak to residents at the jobs fair

career option for local people.

At last Tuesday's event, employers and training providers ranging from Axis and Mace to the Prince's Trust and Elmfield Training, spoke to residents about their aspirations and the steps they need to take to embark on their chosen career paths.

Attending the event, Mayor Lutfur Rahman said: "Over the last three years the council, Jobcentre Plus and its partners have assisted thousands of people in finding a job. There are almost 8,000 more people in work in Tower Hamlets than there was in 2010."

He was joined by Cllr Shafiqul Haque, cabinet member for

jobs and skills, who said: "Through providing information and advice and running a range of employment programmes – including those that target young people, women and people who find it more challenging to get a job – the council has contributed towards the borough's highest ever employment rate, at 62 per cent."

In the last three years, Skillsmatch – the council's job brokerage service – has seen a total of 7,000 people, of which 3,000 received training and 2,000 were supported into long-term jobs.

Providing information about vacancies, training and apprenticeships, and putting residents in touch with employers, Skills-

match is free to anyone living in Tower Hamlets.

Mohammed Rob, 23, said: "I'm interested in becoming an electrician. Speaking to Skillsmatch was really useful – they booked me in for an appointment so I can take my CV in and they talked me through the different career routes in construction."

Wallis Leahy, 22, said: "I came to get a general overview of the opportunities available. I've spoken to a few stalls and taken leaflets so I can have a look at the information."

Prichard Mhlanga, 18, said: "I found out a lot today about job vacancies. I also registered with Skillsmatch – who were really helpful – and I'll be giving them a call again."

The event was just one element of the council's employment and enterprise strategy, which is designed to create opportunities for residents and ensure they have the skills that local businesses need.

For more information visit the website www.towerhamlets.gov.uk/skillsmatch or contact 7364 3727 or email skillsmatch@towerhamlets.gov.uk

■ Construction trainees graduate – see page 27

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LUTFUR RAHMAN MAYOR OF TOWER HAMLETS

My diary

Monday, July 1
I was delighted to launch the Mayor's Higher Education Award, which will provide 400 students with grants of up to £1,500 to help them with the cost of university.

In the evening I attended the United East End meeting to reaffirm our commitment to Tower Hamlets as 'no place for hate'.

Joined by residents, trade unionists, anti-racist campaigners and faith and community leaders, I was proud to stand in solidarity with them for a diverse, cohesive and tolerant borough.

Tuesday, July 2
I attended a jobs fair in York Hall, Bethnal Green which was a chance for residents to find out what jobs are on offer and get started on a career.

Later I was pleased to attend the launch of Healthwatch Tower Hamlets at the Brady Centre where residents had the opportunity to find out how they can get involved and share views on current health services.

Wednesday, July 3
I attended the welfare reform awareness event focussed around supporting the borough's Somali community.

This workshop gave people the opportunity to speak to seek advice and guidance.



From the bottom to the top

The borough went from one of the worst in London for improvement in the diagnosis of dementia rates to the top of the table thanks to the development of the new partnership.

SEE STORY BELOW

Joining together

“Successful, joined up working across the health, social care and third sectors can result in great improvements.”

KATE MOORE, ALZHEIMER'S SOCIETY

News

Improving life for people with dementia

FOLLOWING their success at the Local Government Chronicle awards, the council with the Tower Hamlets Clinical Commissioning Group, the East London Foundation Trust and the Alzheimer's Society have again been recognised for their work.

The partnership's project Improving Pathways for People with Dementia and their Carers was highly commend-

ed in the Innovation in Social Care category at the Municipal Journal awards last month.

The accolade was given after their joined up working resulted in significant improvements of services for people with dementia and their carers.

The borough went from being one of the lower performing in London for improvement in the diagnosis of dementia rates to the top of the table thanks

to improved community engagement and work with the voluntary sector.

Mayor Lutfur Rahman said: “I am delighted that the MJ has recognised the hard work of everyone involved in this partnership. By working together across organisations and with the community, we have managed to improve the lives of local people and make a difference to the services they receive.”

Cabinet member for health and well-

being, Cllr Abdul Asad, added: “It is a great achievement to be commended by the MJ and the partnership intends to continue to build on the huge progress we have made by ensuring that people with dementia and their carers are at the heart of the development of the mental health strategy.”

The MJ awards were set up in 2004 to recognise innovation in local government.

News in brief

Advice in store

THE council is holding an advice session about welfare reform for residents on Saturday, July 13.

Advisers will be at Idea Store Whitechapel, 321 Whitechapel Road, E1 from 10am-2pm to explain government changes to benefits and also to give employment, housing and financial advice.

A healthy business

AN event aimed at promoting entrepreneurship and healthy lifestyles was held in Spitalfields last week.

Community organisation Mo-hila Ongon and the parents centre in Spitalfields organised the Pitta Mela, which was attended by Mayor Lutfur Rahman, councillors, residents and community leaders.



A FORMER prisoner of war in Burma was among residents of a Bethnal Green care home who packed boxes of goodies and included personal messages to send to soldiers in Afghanistan as part of the annual Armed Forces Day. Herbert Browse, 97, who lives at Silk Court, served in the army during World War II.

“I was captured by the Japanese in Singapore and became a prisoner of war from 1942 to 1945. I worked on the Burma railway so I know just how much our care packages will be appreciated,” he said.

Ellen Whitmore, 94, said she was keen to show her support and appreciation of the good job members of the armed forces carry out for our country.

Shirley Gibbons said: “I’ve never done anything like this before but I’m pleased I’m doing it to show my support.”

‘Tunnel run’ racers re-routed

Continued from page 1

The ‘tunnel run’ rallies, where car enthusiasts race inside tunnels, first appeared in the borough last summer, leading to complaints from local people.

The issue has also been raised by Poplar & Limehouse MP Jim Fitzpatrick who has called for a

dispersal zone to be put into place.

“A dispersal zone is the only way to say not welcome to these reckless and inconsiderate racers who use our borough as their own racetrack,” he said.

To report anti-social behaviour call 101; in an emergency call 999.

Top of the tots!

BY JESSICA ODUBAYO

THREE Tower Hamlets toddler groups have scooped awards in the UK's Parenting Oscars – making them some of the best in Britain.

World and a Teacup at St Peter's Barge on West India Quay, Babysong at the Salvation Army in Stepney and Wapping play-group Stay and Play were voted the most popular in the area, in a competition run by parenting site Netmums.

Parents were invited to take part in the voting to select the best run toddler groups around the country.

Parents and child carers in Tower Hamlets praised the winners for their ‘friendly staff and devoted organisers’ and for ‘fostering a strong sense of community’ in the borough.

Fiona Robb, who runs World and a Teacup, said: “We’re delighted that we have been voted one of the favourite toddler groups in the area. We’ve always hoped that we could be a place for women to meet each other and make friends, so we’re glad that people like what we’re doing. Thanks to everyone who makes it happen – helpers and everyone who comes along.”

The winners will each get a certificate to display at the group, along with a badge and gold listing on the Netmums site.

Netmums local editor and mother-of-two Sam Diss said: “These awards were set up to recognise the dedication and

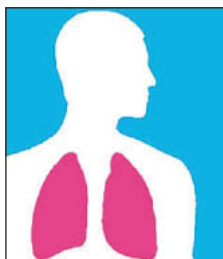
hard work of people who run our local toddler groups. They are a lifeline for parents and help many mums and dads settle into being a parent and make new friends.

“Tower Hamlets has always been known as a lovely place to bring up children and the winning groups should be proud of all they have achieved.”

Visit www.netmums.com

Praxis Community Projects
 #NewVoices2013

newvoicesfestival.org.uk



Be Clear on Cancer

Every year, approximately 100 people are diagnosed with lung cancer in Tower Hamlets and around 90 people die from it. If you've had a cough for more than three weeks, see your GP now.

WWW.NHS.UK/BE-CLEAR-ON-CANCER

Useful information

Spotting cancer early saves lives

News from Tower Hamlets Public Health

THE national Be Clear on Cancer campaign is alerting people to the warning signs of lung cancer and the need to go to the doctor without delay.

The campaign is being promoted in Tower Hamlets to help residents recognise symptoms, when cancer is still small enough to be treated. The earlier lung cancer is found, the better the chance of survival.

Lung cancer is currently England's biggest cancer killer, with at least 24,000 people each year diagnosed at a late stage. Only 15 per cent of cases are caught early, when treatment is five times more likely to be successful. Survival is poor if diagnosed late.

Every year, approximately 100 people are diagnosed with the disease in Tower Hamlets and around 90 people die from it. Although most cases are reported in smokers, around one in eight diagnosed has never smoked.

Thankfully, overall numbers are starting to fall, partly due to increased local awareness of symptoms by the 'small c' campaign – an initiative between Public Health, GPs, pharmacists and community groups.

Being aware of symptoms is key to early diagnosis, so those with a persistent cough for three weeks or more should take action and see their doctor right away. Other symptoms can include repeated chest infections, coughing up blood, breathlessness, losing weight for no obvious reason, or an ache or pain in your chest or shoulder that has lasted some time.

Dr Somen Banerjee, director of Public Health Tower Hamlets, is urging people to visit their GP if they have any of the described symptoms: "Even if you are unsure, it is always best to visit your GP without delay as finding it early improves the

chances of successful treatment."

If you or someone close to you has had a cough for more than three weeks, see your GP now. It could be a sign of lung cancer, or something else that needs important treatment, such as tuberculosis. Spotting it early could save your life.

For more local information on lung cancer, other cancers and services across east London, visit www.smallc.org.uk

For more information on the Be Clear about Cancer campaign visit www.nhs.uk/be-clear-on-cancer

For advice on stopping smoking speak to your local pharmacist or GP.

Have a healthy fast this Ramadan

THE Islamic observance of Ramadan commences this week as a time for fasting, praying, forgiveness and purification.

Muslims fast for 30 days during daylight hours, with the first fast beginning as early as July 9, subject to the sighting of the new moon.

Fasting hours are from dawn until dusk, so it is very important to eat a well-balanced and varied diet during suhoor, the pre-dawn meal, and iftar, the first meal of the day. Topping up with wholesome, filling and slow-release foods will ensure energy levels are replenished, particularly during the long, summer hours.

Remember to ensure you have an adequate amount of fluid and eat only a moderate amount of fat and sugar.

If you have a medical condition, see your GP before Ramadan starts to discuss treatment options that do not interfere with your fast.

The very elderly and women who are pregnant or breastfeeding have the provision to break their fast if their health is at risk.

A booklet, Keeping Healthy in Ramadan, can be picked up at your local mosque or online at www.faithinhealth.org.uk

Chemist rota

Pharmacists in Tower Hamlets with extended opening hours.

E1

ABC Drug Stores, 12-14 Montague Street: Mon-Fri 9am-7pm, Sat 9am-5.30pm, Sun 10am-2.30pm.
Beck & Sherman, 197 Whitechapel Road: Mon-Fri 9am-7pm, Sat 9am-5.30pm, bank holidays 11am-1pm.
Sainsbury's, The Albion Brewery: Mon-Fri 8.30am-10pm, Sat 7.30am-10pm, Sun 11am-5pm.

Chapel, 139 Cannon Street: Mon-Fri 9am-8pm, Sat 9am-6pm.

E2

Fairdale, 360 Bethnal Green Road: Mon, Tues, Weds, Fri 9am-6.30pm, Thurs 9am-1pm, Sat 9am-6pm, bank holidays 11am-2pm.
Florida, 307 Bethnal Green Road: Mon-Fri 9am-7pm, Sat 9am-6pm, bank holidays 11am-2pm.

E3

Bell, 534 Roman Road: Mon-Sat 7am-11pm, Sun 10am-2pm.
Forward, 648 Mile End Road:

Mon-Fri 9am-7pm, Sat 9am-6pm, Sun and bank holidays 10am-6pm.

Green Light, St Andrew's Health Centre, 2 Hannaford Walk: 8am-8pm, seven days a week, including bank holidays.
Lincoln, 60 St Paul's Way: Mon, Tues, Weds 8am-8pm, Thurs, Fri, 8am-8pm, Sat 9am-5pm.
Tesco, Hancock Road: Mon 8am-10.30pm, Tues-Fri 6.30am-10.30pm, Sat 6.30am-10pm, Sun 11am-4pm.

E14

Boots, Unit 15, Jubilee Place: Mon-Fri 7am-midnight, Sat

9am-6pm, Sun 12pm-6pm.
Britannia (Perimart), Asda Precinct, East Ferry Road: Mon-Sat 9am-8pm, Sun 11am-4pm, bank holidays 11am-6pm.

Doctors

Please ring your doctor's surgery for an appointment, but if it's the weekend or late at night, call 7377 7151 (only for people in Tower Hamlets who are registered with a doctor). To find a doctor, dentist or help to quit smoking call the health hotline on 7364 5016, Mon-Fri 8am-8pm and Sat 8am-4pm.

Advice

East London Parkinson's Support Group

For people with Parkinson's disease and their carers. Meets third Tuesday each month, 11am at John Scurr Community Centre, 1A Bekesbourne St, E14. 0844 225 3704/0808 800 0303

Family Information Service (FIS)

Information for people from birth to age 19 (or 25 for those with additional needs) including helping to find high quality childcare, advice on tax credits and childcare vouchers. Open Mon-Fri, 8am-6pm Town Hall, Mulberry Place, 5 Clove Crescent, Poplar, E14 fis@towerhamlets.gov.uk 7364 6495

Alzheimer's Society Tower Hamlets

Advice and help for carers and people with dementia. Mon-Fri, 9am-5pm. 54-86 Old Montague Street, E1. 7392 9631

Tower Hamlets Advocacy Project

Independent advocates for adults with learning disabilities. Mon-Fri, 9.30am-4.30pm. Gladstone Place, 1 Ewart Place, E3. 7364 2550/2199

Parents Advice Centre (PAC)

Offers impartial advice around special educational needs (SEN). 30 Greatorex Street, E1. Drop-in sessions every Tues, 9.30am-3.30pm & Fri, 9.30am-1pm. 7364 6489

LinkAge Plus

An initiative of the Department for Work and Pensions. Toynbee Hall is one of five centres that coordinates services and activities provided. Mon-Fri from 9am-5pm, drop-in session for advice on benefits, pensions, employment and housing. Appointments necessary. Mon 9am-5pm, Bangladeshi group. Toynbee Hall, Commercial Street, E1 7392 2914 www.toynbeehall.org.uk

Free Advice

Benefits, housing, immigration. Bengali speakers, home visits to house-bound. Weds, 10.30am-12.30pm, Island House, Roserton Street, E14. Thurs, 1-3pm, Splash, Will Crooks Estate, Poplar High

Street, E14. 7987 9379

Tower Hamlets Home Birth Support Group

Last Thurs of each month, 8pm. 31 Ridgale Street, E3. 8981 1159

Tower Hamlets National Childbirth Trust

Offers support, information and friendship to parents and parents-to-be. Holds regular events around the borough. 07976 710964 towerhamletsnct@yahoo.com www.nct.org.uk

Breastfeeding Support Centres

Mon 11am-1pm Wapping Children's Centre, 15 Chandler St, E1. Weds 12.30-2.30pm,

Collingwood Children's Centre, Buckhurst St, E1. Fri 12.30-2.30pm, Overland Children's Centre, 60 Parnell Rd, E3. Sun 2-4pm Barkantine Birth Centre, 121 Westferry Rd, E14. 3594 2591 or 07961 609 626

Families with Autism

Spark Centre, Smart Street, E2. 8981 4924 fwautism@btinternet.com

Free home fire safety advice

From the London Fire Brigade 08000 28 44 28

Careers advice

Bow Job Club

Weds, 1.30-3.30pm, free. Idea Store Bow, 1 Gladstone Place, Roman Road, E3. 7364 4332

Tower Hamlets Careers Service

Careers advice for ages 13-19, up to 25 for those with special educational needs. Mon-Fri, 1pm-5pm. Morning appointments available. Careers Centre, 35 Bow Road, E3. 7364 1401

TH Lifelong Learning

Mon-Thurs, 10am-4pm. Shadwell Centre, 455 The Highway, E1.

Careers advice

Support from Civic Enterprise Clubs Co-Operative. Tues & Thurs, 1-4pm & 6-9pm Bishopsgate Institute, 230 Bishopsgate, EC2. 07432 463343 www.civicerpriseclubs.org



Photo order form

Copies of pictures published in East End Life taken by council photographers are available to readers. To request a copy, email eastendlife.news@towerhamlets.gov.uk and we can send it straight away. If you do not have access to email fill in this form and send it to Photos, East End Life, Town Hall, Mulberry Place, 5 Clove Crescent, Poplar, E14 2BG. This service does take longer.

Name

Address

Issue no. Page no.



Awareness day is given thumbs up

CORE News offers journalism and newspaper production work experience in a supportive environment, to help adults with mild learning difficulties develop vocational and employability skills.

SEE BELOW

Healthcare champion

Healthwatch Tower Hamlets is part of the Healthwatch England network and is one of 152 bodies nationwide.

WWW.HEALTHWATCH.CO.UK

News

Awareness day is a huge success

DISABLED residents were invited to talk about their experiences of using Victoria Park to highlight improvements that area needed to ensure its facilities are fully accessible to everyone.

The council hosted a disability awareness day last month where more than 120 park users took part in workshops and had the chance to try out sporting activities organised by the sports development team.

Specially adapted cycles were



provided by Bike Works for try-outs and community group CORE News gave participants the chance to cover the event as journalists and photojournalists.

Asked to rate the disabled fa-

cilities in the park, the majority of users said it was good or excellent.

Cllr Abdul Asad, cabinet member for health and wellbeing, said: "It is important for residents to give feedback and I am pleased park users rated the accessibility of the park so highly."

The council's parks team will now collate the feedback from the event and work on an action plan to address suggestions.

To find out more about events in the parks visit www.towerhamlets.gov.uk/parks



(Above) Junel plays a beanbag game with Amelia; (left) Abdul Goni on a trike

Electoral boundaries under review

THE council is currently reviewing the borough's polling districts and polling places.

It follows a recent electoral review of the borough by the Local Government Boundary Commission for England (LGBCE), which proposed changes to the council size and ward boundaries for local government elections from 2014. The review will ensure that:

- electors have reasonable facilities for voting.
- the polling places are accessible to those who are disabled.
- when the council is considering or reviewing a polling place, regard is given to the accessibility needs of disabled people.

The review of polling districts and polling places will start on Monday, July 8.

Residents are encouraged to submit their proposals and to suggest places that may be suitable venues to hold elections.

A list of the existing polling stations in the borough is available at www.towerhamlets.gov.uk and can also be viewed at the Town Hall, Mulberry Place, 5 Clove Crescent, Poplar, E14 2BG.

The proposed ward map of the borough from 2014 can be viewed at www.lgbce.org.uk

Suggestions for polling stations can be emailed to electoral.services@towerhamlets.gov.uk or submitted in writing before September 13.

Health initiative gathers support

BY MEHREEN HUSSAIN

THE new health watchdog for the borough was launched last week – and young people spoke about their enthusiasm to get involved.

Healthwatch Tower Hamlets is one of 152 Healthwatch bodies set up across the UK to monitor services in their areas.

Scores of residents and community groups attended the launch event at the Brady Centre in Whitechapel on July 2 to hear about how the new organisation will represent their views on health and social care.

It also gave them the opportunity to find out how they can get involved and share their views on current health services.

As well as becoming community members of Healthwatch, there are a number of more formal roles which residents can get involved in, either as part of the Healthwatch board or of specific advisory groups.

Speaking at the event was Young Mayor Madhi Alam, who will be representing the views of young people by working with the Healthwatch youth panel.

The panel has already at-



Cllr Abdul Asad speaks at the Healthwatch launch

tracted young people such as Tower Hamlets College student Saif Uddin, 17, who said: "When I found out about Healthwatch it was something I was really interested in because I think it's important to represent the views of young people too."

He was at the event hoping to capture young people's views on topics such as smoking sheesha and the possibility for a youth-oriented health app for mobile smart phones.

Dianne Barham from Healthwatch welcomed residents to get in touch to find out more about how they could contribute to the important work the organisation will be doing.

The launch also featured stalls from borough health services and feedback boards on specific topics on which residents could leave their opinions.

Cllr Abdul Asad, cabinet member for health and wellbeing, said: "We need to work with health professionals, partners, and above all the community to address the health issues in the borough. Help us to help you by getting involved and allowing Healthwatch to represent your views."

Residents can get involved in Healthwatch by visiting the website at www.healthwatchtowerhamlets.co.uk or calling freephone on 0800 145 5343.

News in brief

New member post

THE council is recruiting a new member for its advisory committee.

The new member will serve a term of office until May 2016, along with six other co-opted members.

The committee and its sub-committees also deal with complaints about councillors' behaviour.

Meetings are held in the evening, four times a year. In addition, attendance may be required at sub-committee meetings and training events. A

small attendance allowance is payable to co-opted members.

Independent co-opted members must be aged 18 or over and may not be current or recent employees of the council or councillors or their relatives or close friends.

For an application pack contact John S. Williams, Service Head, Democratic Services, Town Hall, Mulberry Place, 5 Clove Crescent, Poplar, E14 2BG., call 7364 4204 or email johns.williams@towerhamlets.gov.uk

The final closing date for all applications is July 19.

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METROPOLITAN POLICE

TOTAL POLICING

In a non-emergency, including anti-social behaviour (ASB), call 101

Call 101 to report anti-social behaviour (such as those outlined below) or a crime that has already happened or to seek crime prevention advice.

- Nuisance, rowdy or inconsiderate neighbours
- Vandalism, graffiti and fly-posting
- The buying or selling of drugs in public
- Street drinking
- Environmental damage including littering, dumping of rubbish and abandonment of cars
- Prostitution related activity
- Begging and vagrancy
- Fireworks misuse
- Inconsiderate or inappropriate use of vehicles

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101

TO CONTACT THE POLICE

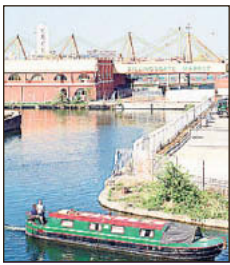
Always call 999 when a crime is happening, someone suspected of a crime is nearby, someone is injured, being threatened or in danger.

Calls to 101 from landlines and mobiles cost 15 pence per call, no matter what time of day you call or how long your call lasts.

To contact your local SNT please visit www.met.police.uk/TowerHamlets

To receive our newsletters sign up for our group email service at www.neighbourhoodlink.met.police.uk

Follow us on Twitter @MPSTowerHam



A fishy tale at Old Palace Primary

The Worshipful Company of Haberdashers is supporting the Food Journey Programme at Old Palace Primary School in Bow which included a visit to Billingsgate (left) as part of the Livery Schools Link.

SEE BELOW

School meal campaign

The National School Meals Week campaign is to provide every child with a free school lunch during the week.

SEE STORY BELOW

Schools news



School chefs dish up food for thought at Parliament

TOWER Hamlets school chef Pauline Gati helped serve a special lunch to MPs and Lords at the House of Commons last month to mark the launch of this year's National School Meals Week campaign.

Pauline and two other school chefs, Alison Gann and Corinne du Preez, (all pictured left) who

have all won the School Chef of the Year award, served food which had been prepared by their teams across the country.

The lunch was to promote school lunches and the benefits of eating a healthy, nourishing and affordable meals at school.

MPs sampled the quality of food currently served in school.



Pilot project lets children get hands on with food

CHILDREN from Old Palace Primary School enjoyed a practical lesson on the joys of making bread as part of their Food Journey programme.

Run by local charity, the Tower Hamlets Education Business Partnership (EBP) and Livery Schools Link, the pilot programme is designed to show youngsters where their food comes from and the way it can be prepared and served in a variety of settings.

They were shown how to prepare dough and had a go at kneading their own bread, which they shaped into rolls for proving, baking and eating later in the day.

Later, they got a chance to sample pizza while waiting to taste the results of their own handiwork.

The year 1 and year 6 pupils have already taken part in a range of activities including a visit to a mixed arable and live-stock farm in Kent, Billingsgate Seafood Training Centre on the Isle of Dogs and St Hilda's Food Co-operative in Bethnal Green.

They will also be visiting Merchant Taylors' Hall to see how a busy kitchen prepares for a banqueting function, taking part in a 'Ready Steady, Cook' session for them and their parents, and completing a healthy eating recipe book.

Speaking about some of the things they have experienced on Food Journey's one girl said: "We have already made our own pasta and we went to Billingsgate Market where we tried different types of fish. I had some squid. I hadn't eaten it before."

One of the boys added: "The market was a bit stinky but we learned to tell a male crab from a female one."



Anisa Khalique with trophy

Top prize for presentation skills speech

A PASSIONATE speech on leadership won 13-year-old Mulberry School pupil Anisa Khalique the 2013 Student Presentation Skills final.

The competition was one of 20 activities which form the Financial Education and Employability Programme, designed to improve students' knowledge, skills and attitudes to help them prepare for the workplace.

Supported by Bank of America Merrill Lynch, the final was held at the bank's London headquarters and included students from Bow School, Mulberry School for Girls and Swanlea School.

Each finalist gave a speech drawn from the bank's key priorities: valuing differences, supporting the community, strong leadership and acting as a good corporate citizen. The students were encouraged to show innovation in how they approached their chosen subject.

Anisa impressed the audience with a passionate speech on leadership and what makes a good leader.

Speech scoops prize

BY MEHREEN HUSSAIN

A BOW School pupil who hopes to be the first member of his family to go to university should certainly have no problems in any interviews for a place.

Sanuwar Hussain, 13, has won an award for a presentation he made on diversity.

He took the title at the Citi Passport to Employability Presentation Skills Competition 2013 in a closely contested final where he came up against seven other young presenters.

Sanuwar, who hopes to go to university to study medicine and eventually become a histopathologist, spoke on the topic:

'Diversity and Inclusion: an interconnected world, why is it important to value difference?'

During his presentation he said: "It is good to be different, to stand out from the crowd. We should value diversity."

"Think, if everyone was the same, if we were all millionaires, there would be no-one to clean our streets and no-one to teach."

Second and third place was awarded to Taffim Chowdhury and Mohammed Al Miqdad from Stepney Green School.

Hosted at Citi's offices in Canary Wharf, the presentation skills competition forms part of the wider Passport to Employability programme which the Citi Foundation supports at



Sanuwar Hussain, 13, gives his winning presentation

Langdon Park School and which is run in conjunction with Tower Hamlets Education Business Partnership.

This year, the organisers extended invitations to Bow School, St Paul's Way Trust

School and Stepney Green Maths & Computing College to take part in the competition as all four schools will form a new 6th form partnership – Sixth Form East – in the coming academic year.



The students (above right) used different techniques to create a number of short films

Children's rights are brought to the big screen by pupils

PUPILS from Lawdale Junior School in Bethnal Green have been making their own films based on the theme of international rights for children.

They have been working with Chisenhale Art Place which re-

ceived funding from Help a Capital Child to develop film projects with students in Tower Hamlets.

Working with artist Lisa Nash, the youngsters explored how different artists use film and

video to produce work. The students visited Chisenhale Art Place to meet artist in residence Sheena Macrae and asked her lots of questions about her work and they also visited the Chisenhale Gallery to look at an

installation by Corin Sworn.

Using the different techniques they learned, the children created a number of short experimental films which were screened at Chisenhale Art Place on June 25.



Rate your restaurant

Find out the food hygiene score of your favourite restaurant by logging on to the rating scheme website at

[HTTP://RATINGS.FOOD.GOV.UK/](http://ratings.food.gov.uk/)

Cleaner, greener, safer news

Fieldgate cycling fun day

RESIDENTS at Fieldgate Mansions in Whitechapel took part in a cycling fun day as part of National Bike Week 2013.

Organised by the council and Limehouse-based group Art-Spokes, the event featured fun activities including a pedal-powered velodrome simulator, smoothie maker and children's artwork competition alongside a cycle repair service, bike maintenance workshop and free cycle training taster sessions.

Deputy Mayor Cllr Ohid Ahmed said: "The event was a big success and I'm impressed with the number of residents, including several complete beginners, who took up the free cycle training taster sessions.

"Cycling is a great way to exercise and to travel and the council has a number of initiatives to help residents get started."

Sarah Hammond from Art-Spokes said: "It was great to see so many residents attending the cycle fun day and enjoying the various cycling activities, with special thanks to the efforts of the young people who helped the day to go smoothly."

The event was held following a programme of cycle training, secure cycle parking and cycle maintenance sessions on the estate, which increased cycling levels among residents.

The council offers free adult cycle training and cycle buddying to anyone who works, studies or lives in Tower Hamlets. Training sessions can also take place using Barclays Cycle Hire bikes at docking stations in the borough. Family cycle training lessons are also available.

To book call 0845 652 0421 or go to www.cyclinginstructor.com



Pedal power in Whitechapel

The cycling fun day at Fieldgate Mansions in Whitechapel was held following a programme of bike training and maintenance sessions, which increased cycling levels among residents.

FOR INFORMATION ON FREE CYCLE TRAINING GO TO WWW.TOWERHAMLETS.GOV.UK

Small changes and big steps to green lifestyle

BY EMILY BLACKSHAW

MORE than 100 residents and representatives from local organisations, businesses and community groups attended the borough's first annual Sustainability Conference.

Held at the Ecology Centre adjacent to Mile End Park, the event on June 27 was an opportunity to find out more about current activity and future plans to make Tower Hamlets a more sustainable borough.

The conference explored ways of ensuring local people are at

the core of planning, designing, delivering, owning and managing changes in their community while making the most of available investment.

Planned activity is designed to address a range of issues including job creation, skills, small business support, fuel poverty and air quality as well as 'greener' themes such as carbon emissions and recycling and reuse of waste.

Mayor Lutfur Rahman said: "We all have a responsibility to consider the environment and where we can, make small changes to ensure our lifestyles are greener.

"In Tower Hamlets, some of our initiatives – for example our energy co-operative, T.H.E. Community Power – not only promote sustainability but can save people money.

"Buying energy in bulk to deliver cheaper rates, the co-op could save households an average of £122 each on their annual fuel bill."

The event is the first in a programme of activity in which residents can get involved and help shape Tower Hamlets' future – whether that's by joining an energy co-operative, signing up to local growing groups or finding out more

about electric vehicle car clubs in the area.

For further details on forthcoming events and initiatives – including the Sustainability Fair planned for September – go to www.sustainabletowerhamlets.co.uk

The conference was chaired by Jackie Odunoye, head of the council's strategy, regeneration and sustainability service and included talks from organisations including Poplar Harca, Tower Hamlets Homes and the Bromley by Bow Centre as well as case studies from community groups about work being delivered across the borough.



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The sustainability conference attracted more than 100 residents and representatives

Café fined for breaching hygiene rules

A BETHNAL Green café has been prosecuted and fined for breaches of food hygiene regulations.

Thames Magistrates Court heard that the Gallery Café in Old Ford Road was closed by the council's environmental health officers in May 2012 for severe mouse and rat infestations.

Linda Ransom, chair of St Margaret's House charity which runs the café, pleaded guilty on June 13 to all six food hygiene offences and was fined £333 for each.

Offences included inadequate pest control procedures, poor cleaning and disinfection, and no staff training. She was also

ordered to pay full costs of £2,214 and a victim surcharge of £15 – the total fine was £4,229.

Anyone with concerns about food premises in the borough or businesses who want information about the food hygiene rating scheme should call 7364 5008 or email foodsafety@towerhamlets.gov.uk



Dealing swiftly with noise problems

"Noise issues can blight the lives of people. The THEOs and environmental health officers are working tirelessly to ensure that noise complaints are dealt with swiftly."

DEPUTY MAYOR CLLR OHID AHMED, LEFT

Who you gonna call?

To report a non-emergency, including anti-social behaviour or damage to your property, call 101.

Cleaner, greener, safer

Since their introduction in November 2009, Tower Hamlets enforcement officers have been patrolling the borough to tackle anti-social behaviour, and have become a familiar sight on the streets, as **Sarah McLaughlin** reports. Photos by **Rehan Jamil**.

Bringing calm to borough's streets

TACKLING issues, such as dog fouling, illegal street trading, noise nuisance, litter, and drink-related issues, Tower Hamlets enforcement officers (THEOs) are focusing on important problems that the police just don't have the time to deal with.

The team of 16 THEOs spends more than 1,500 hours per month on high-visibility patrols, helping to reassure residents and deter criminals.

On the night East End Life joined them, officers Jeshan Thalayasingham, Matthew Barwell and Chris Hollins reported for duty with team leader Philip Gospage at 6pm on a Friday evening.

Chris was posted to team up with the environmental health officer to perform the out-of-hours noise response. This service is provided between 8pm and 3.30am and officers are required to patrol the whole borough and respond to emergency calls from the public to incidents including noisy parties, DIY and construction noise, and alarms activating.

Jeshan and Matthew are sent to patrol the borough in uniform in a marked CCTV vehicle and help respond to calls from the noise and nuisance hotline and also calls relating to anti-social behaviour.

The first call comes in at 7pm about anti-social behaviour (ASB) on an estate in Bethnal Green Road, where it is alleged that there is a group of youths loitering in the stairwell and smoking drugs.

Jeshan said: "We made our way to the youths and challenged them. There was a smell of cannabis smoke in the air around them and they were surrounded by spit and litter. We used CCTV body cameras to record the interaction and obtained the full details of the youths using powers under the Police Reform Act 2002."

The officers escorted the youths from the building and then contacted their parents

(Right) Matthew Barwell, patrolling the borough to respond to calls from the noise and nuisance hotline, and also calls relating to anti-social behaviour



to inform them that further enforcement action may be taken by officers from Tower Hamlets Homes.

Next Jeshan and Matthew drove to the other side of the borough to Bow, where there had been reports of a large gathering of young people causing an alcohol-related disturbance. On arrival at about 8pm the officers saw a group of about 15 youths who were being rowdy and drinking alcohol. As the officers approached, the group dispersed and only four of them could be stopped. They obtained their names and addresses and required one of them to surrender a bottle of spirits.

Meanwhile Chris, working with the environmental health officer, attended a variety of noise calls including reports of nuisance from noisy parties and alarms that had activated. Officers attended one address where the occupiers were playing loud music. After some difficulty in getting the door answered, a drunk man opened the door and became aggressive. The officers used their skills to defuse the situation and delivered a warning to the occupier who turned the music down.

At about midnight Jeshan and Matthew were supported by their team leader Phil Gospage on patrol. Two people were stopped in a car in Witan Street in Bethnal Green where there had been reports of a disturbance. The officers warned the two occupants and required them to move on.

A few minutes later the same officers challenged some beggars outside Beigel Bake in Brick Lane and obtained their details. The matter was not left there, as Phil explained: "The service not only enforces minor infringements of the law that the police generally do not have time to deal with, but also refer the perpetrators to the support services where help can be provided to them."

"This includes immediate referral to Thames Reach, who provide homeless persons' support, and to the drugs and alcohol action team. The officers also met with the street pastors at this location who were out and about assisting the street population."

At about 1am the same officers stopped four youths who were drinking in Toynbee

Hall Gardens in Commercial Street and were quite drunk and argumentative. They were spoken to and asked to surrender a bottle of vodka and cups of mixed alcohol and fruit juice.

The officers obtained all relevant details and one of the youths was also warned for dropping litter which is an offence under the Environmental Protection Act. Although officers can prosecute offenders for this offence and issue them with a fixed penalty of £80, a warning was considered appropriate on this occasion.

At about 2am the same officers were patrolling Whitechapel Road when they saw two men fighting in the street. They immediately alerted the council's CCTV control room who picked up the men on the borough cameras.

The officers approached the men and calmed them down before calling for police assistance and an ambulance. One of the men was bleeding from the mouth and Jeshan gave him first aid. They requested the two men to wait for police and recorded the incident on their body-worn CCTV cameras. Police officers attended and spoke to both men and reported the incident.

THEOs work in close partnership with the Metropolitan Police and provide evidence and statements to assist with prosecutions.

Shortly before 3am Jeshan and Matthew attended a noise call to an address in Punderson Gardens, Bethnal Green. They spoke to the complainant who told them that the noise had been turned down slightly and, as it did not constitute a statutory noise nuisance, the officers called at the address and issued a warning.

Deputy Mayor Cllr Ohid Ahmed said: "The THEOs play a vital role in supporting the drive to make the borough a safer place to live, providing a professional service to residents and a prominent support role to the police."

Mayor Lutfur Rahman said: "Tackling anti-social behaviour remains a key issue and the THEOs continue to have a positive impact in reducing anti-social behaviour and making residents feel safer."

All the officers returned to base just before 4am and conducted a de-brief for the night. It had not been one of their busiest nights, but they felt some good work had been done and Tower Hamlets was a safer and cleaner place as a result.

(Below, from left) THEOs Jeshan Thalayasingham, Duong Tran and Phil Gospage; Mr Miah discusses ASB issues with Phil Gospage



DO YOU HAVE A SPARE ROOM?



"I felt comfortable and safe and was able to restore some of my life from before."

Young Person

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Tower Hamlets council in partnership with youth homelessness charity Depaul UK are looking for **Tower Hamlets residents** who can **help a young person in need**.

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Depaul UK registered charity number NO. 802384

To find out more call us on **0207 939 1220** or text the word **HOST** to **07850515216**

To find out more about supported lodgings please visit depauluk.org/supported-lodgings-london



Justice in Action



A film by Mulberry School for Girls and Fiona Lloyd-Davies, Studio 9 Films

Film Screening



A film about six young women who journeyed to Bosnia, walking the paths where war and genocide took place to find out what justice really means to those who most want it.

Visit www.justiceinaction2012.wordpress.com for more information on the project.
Please contact Shanaz Begum on shabegum@mulberry.towerhamlets.sch.uk
0207 790 6327 for more information about the showings.

Screening at the Mulberry & Bigland Green Centre Richard Street, Commercial Road, London E1 2JP

Screenings from Sunday 7th July to Saturday 13th July 2013 at 4.15pm

Recommended Donation: £1 each

**All donations will go to charity
Tickets are available at the door**

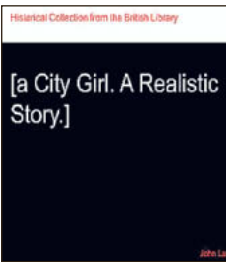


The Mulberry and Bigland Green Centre is located next to Mulberry School for Girls and Bigland Green Primary School.

Please use the Bigland Green entrance



Mulberry



A world not ready for a female radical

Margaret Harkness may have been a feminist but in her heyday, London still wasn't ready for radical novels from a woman's pen and they were published under the pseudonym John Law.

Got a story to tell?

If you have a tale about East End history, write to John Rennie or email him at johnrennie@gmail.com

SEE BELOW

WWW.EASTLONDONHISTORY.COM

History

BY JOHN RENNIE

The job of a middle class female in Victorian London was straightforward. To marry, to bear children and to maintain unimpeachable standards of behaviour and sexual continence. Divorce (even when it became legal) meant banishment from society. An education? That was for men.

But the straitened, buttoned-up Britain of the latter 1800s didn't just march to one beat. It was an industrial age that was creating huge poverty and slums just as it was making many very rich. A time of social ferment and new political ideas, with the fight for socialism and universal suffrage. And that created a new kind of woman. The feminist, educated, independent career woman appeared in the novels of Henry James, in the plays of Henrik Ibsen and George Bernard Shaw, in the suffragette movement – and in a battalion of independent-minded women who took on poverty and social injustice in the East End.

Margaret Harkness was a typical New Woman. She had been born at Upton-on-Severn in Worcestershire, on February 28 1854, the daughter of a conservative clergyman. Her first decision, to train as a nurse, was challenging enough for her parents, though acceptable. Soon enough she would marry a wealthy man and settle into domesticity. To their horror, though, she made it clear she had no interest in marriage, deciding to stay single and work as a freelance journalist.

Her first works were rather dry histories on Egypt and Assyria, but by the early 1880s she had been captured by stories closer to home... though a million miles from the rural peace of the Malvern. She began writing for socialist paper Justice on the scandals of child poverty and malnourishment in the East End. And as a

A new kind of woman made their mark on 1800s London



Above left: Beatrice Webb went on to found the LSE and be instrumental in the establishment of the Fabian Society, above centre Eleanor Marx and Annie Besant became part of Margaret Harkness's East End circle, and Benjamin Disraeli

social reformer she was becoming increasingly involved, rather than simply observing and writing. She moved to the East End, into a little flat into the newly constructed Katherine Buildings, the first project of the East End Dwellings Company, which would move hundreds of East Enders out of slum tenements and into their vast red-brick blocks, the so-called 'Red Cliffs of Stepney'.

The EEDC was unusual among the new 'model dwellings' companies in that it allowed casual and day workers (among the poorest and least secure of employees of course), and Margaret particularly wanted to observe and write about them. As so often with Victorian philanthropists working among the East End poor, there was a sense of missionary amid a foreign race, even a different species. The EEDC also, uniquely, eschewed strong-arm rent collection methods, instead copying the model of Octavia Hill, and so using female rent collectors.

Katherine House had been named for one of the first of those, Catherine Potts. Catherine was Margaret's second cousin, and another toff who

had come to the East End, going to work with Toynbee Hall founders Samuel and Henrietta Barnett.

Catherine and her sister Beatrice (the future Beatrice Webb, who would go on to found the LSE and be instrumental in the establishment of the Fabian Society) became part of Margaret's East End circle, along with Eleanor Marx and Annie Besant. Now the young journalist was becoming increasingly politically engaged, joining the Social Democratic Federation and helped mediate in the 1889 East End Dock Strike.

But it was an experiment with her writing where Margaret made her mark. The Condition of England novel was a genre in itself, with notable entrants such as North and South by Elizabeth Gaskell and Benjamin Disraeli's Sybil, or The Two Nations.

And writers had drawn on their journalism to create them, famously Charles Dickens with Hard Times. But a woman living in the East End and novelising the scenes she saw around her was unique. And blurring the lines between journalism and fiction also let her create her own blend of socialism and feminism – her main concern, in truth, was the lot of East End women, and she tackled their social and

sexual oppression head on in her first book, A City Girl.

The eponymous heroine is young East End seamstress, Nelly Ambrose, seduced by a West End middle-class radical, Arthur Grant, treasurer in the local hospital for poor women and children. It caught the eye of Frederick Engels, who had seen at first hand the horror of the workers' lot during his days as a young manager in a Manchester mill firm. He liked her novel, but criticised her inability to give it a socialist core. He famously went on to berate the East Enders for their lack of revolutionary fervour.

Set in the year of Queen Victoria's Golden Jubilee (1887) Out of Work, a year later, describes poor carpenter, Joseph Coney, who comes to London from rural England to seek employment.

He gets casual jobs at the East End docks, is often hungry and unemployed. Finally, in perfect melodramatic Victorian style, he becomes alcoholic, destitute and returns home to expire on his mother's tomb. Harkness reflected that in years to come, the 'chain' system of the casualised docks would be looked back on in horror.

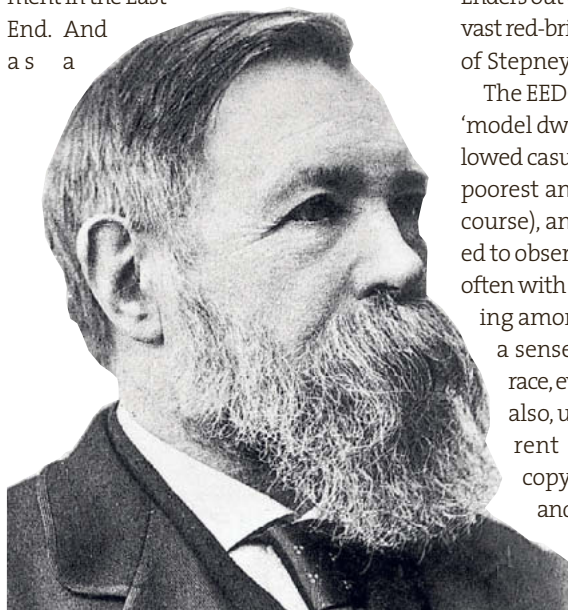
In A Manchester Shirtmaker, Margaret moves the action to the horrors of the sweatshop, with its internecine battles between English, Irish and Jewish workers; and to the workhouse, appalling industrial accidents and inevitable death.

But it is in her fourth, and most successful novel, In Darkest London, that Harkness really found her voice. She seems to have become disillusioned with socialism, and been attracted by the social activism of the Salvation Army.

The novel follows the travails of Captain Lobe, as he works to bring relief to the 'down-and-outs' of the East End slums. The title references both Stanley's famous travel narrative, In Darkest Africa and William Booth's In Darkest London and the Way Out, which revealed the moral problems of poverty in England. Some of the colour in the book could only have come from a journalist 'reporting' from the scene.

Margaret would leave the East End and travel the world, before dying in Italy in 1923, largely forgotten. The irony? In her 1880s and 90s heyday, those seminal novels would be published under the pseudonym John Law.

A feminist and radical writer she may have been – but London still wasn't ready for such works from a woman's pen.



Frederick Engels liked Margaret's novel, but criticised her inability to give it a socialist core

A range of services

The council provides many services for residents and businesses. Go to the A-Z on the website at

WWW.TOWERHAMLETS.GOV.UK

Council information

Tower Hamlets forward planner

TOWER Hamlets Council produces a forward plan every month detailing the key decisions it will take, together with the details of

the author, and consultation undertaken. It can be found in Idea Stores, libraries, One Stop Shops and council offices or at www.towerhamlets.gov.uk/data/your-council/data/forward-plan/forward-plan.cfm

Meetings

THERE are no meetings planned this week.

Tuesday, July 16

6.30pm: Licensing sub-committee

For further information contact 7364 4120 or email simmi.yesmin@towerhamlets.gov.uk

Wednesday, July 17

5.30pm: Development committee

For more information contact 7364 4877 or email zoe.folley@towerhamlets.gov.uk

Thursday, July 18

5.30pm: Strategic development committee

For more information contact Zoe Folley for details (above).

Tuesday, July 23

5pm: Licensing sub-committee

For more information contact Simmi Yesmin for details (left). 5.30pm: Overview & scrutiny committee

For more information contact 7364 4333 or email angus.taylor@towerhamlets.gov.uk

Wednesday, July 31

5.30pm: Cabinet

For information call 7364 4651 or email matthew.mannion@towerhamlets.gov.uk

Details are accurate at time of going to press. Agendas are available online a week before meetings, which are at the Town Hall, Mulberry Place, 5 Clove Crescent, Poplar, E14 2BG, except Cabinet.



Tower Hamlets online

www.towerhamlets.gov.uk

For information on council services, including:

- report a missed rubbish collection
- make a doorstep recycling request
- report an abandoned vehicle
- bulk rubbish collections



Get information on welfare reform

The council's benefits service can provide information about housing benefit, council tax benefit and entitlement to free school meals. It has compiled a list of helpful agencies at...

WWW.TOWERHAMLETS.GOV.UK/WELFAREREFORM

Idea Store is a huge hit

THE newly opened, multi-million pound Idea Store Watney Market has proved to be a phenomenal success.

The new building replaced Watney Market Library when it opened on May 14 as the first public eco building in Tower Hamlets and it now provides a wide range of frontline services to residents.

Unlike many areas across the UK where visits to libraries are declining, Idea Store Watney Market can show that a record number of books are being borrowed every week.

There were 8,266 visits to the building in the first full week of operation – a mixture of customers from the old Watney Market Library and new customers, excited by the new



Idea Store's service offer. Saturdays are proving consistently popular.

The relocation of the One Stop Shop from Cheviot House to the Idea Store has also met with residents' approval. Customer satisfaction feedback has increased by 11 per cent since the move, and this approach by

the council continues to be a benchmark nationally and internationally for the provision of community library and learning services.

Mayor Lutfur Rahman said: "Idea Store Watney Market is proving to be our most popular Idea Store yet because it follows our commitment in Tower Hamlets to make frontline services innovative, excellent and accessible to our residents. I am delighted that residents are making the most of its facilities."

Cllr Rania Khan, cabinet member for culture, added: "It is great that Idea Store Watney Market is so popular with our families and young people."

Idea Store Watney Market is jointly funded by Tower Hamlets Council and the Big Lottery Fund.

Council scoops top award for risk initiative

THE council has won a national award for its planning and management of risks associated with the London 2012 Games.

Honoured at the 2013 Alarm Awards in Manchester, the council won the Strategic Risk Award for its initiative in managing the risks and impact of the Olympic Games on the borough.

The council was also highly commended on its anti-fraud work in the 'managing operational risk' category, making Tower Hamlets the only organisation to receive two honours.

The Alarm Awards are highly regarded as a measure of ex-



Host Lucy Siegle (left), Ashraf Ali and Mark Edmunds from the council and Alarm chairman Wayne Rigby

cellence in public sector risk management.

The Olympic Games last year presented Tower Hamlets with a unique set of risks given its demography, proximity to the Olympic Park and as the point

of convergence for the entire Olympic Route Network.

The council established an effective risk management and strategic planning framework, embracing local public and business sector stakeholders.

Drug treatment providers

Community Drug Team

Substitute prescribing, key working, health screening & referral to residential treatment. 71 Johnson Street, E1.

7790 1344
www.lifeline.org.uk

Nafas

Support with a focus on Bangladeshi community. The Davenant Centre, 179-181 Whitechapel Road, E1 7377 0676.

Harbour Recovery Centre

In-patient detox for 18+ males. Riverside House, 4th Floor, 20 Garford Street, E14. 7538 9421

Young People's Service

Treatment for under-19s. Unit 26, Skyline Village, Limeharbour, E14. 3069 7878
www.lifeline.org.uk

Isis

For women aged over 18 c/o Hopetown Hostel, 60 Old Montague Street, E1. 7426 0399
www.compass-uk.org

Community Alcohol Team

Unit 22, Skylines Village Limeharbour, E14. 0800 008 7200
www.rapt.org.uk

Somali Substance Misuse

Help, advice & referral for people with khat, alcohol or drug issues. Contact Idriis Elmi. Mind in Tower Hamlets & Newham, Open House 13 Whitethorn Street, E3. 7510 1081

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Register now for free news

Tower Hamlets residents can register for the free news and consultation service giving updates on subjects they choose as often as they want them. For more information visit...

MY.TOWERHAMLETS.GOV.UK



Look familiar?

Last week's photo was taken at Old Ford Primary School in Bow.

Council information

Hotline numbers

Housing benefits – 7364 5001
Council tax – 7364 5002
Parking services – 7364 5003
Streetline – 7364 5004
Adult social care – 7364 5005
Children's services – 7364 5006
Pest and noise nuisance – 7364 5007
Environmental health, trading standards & licensing – 7364 5008
Planning & development – 7364 5009
Business rates – 7364 5010
Recruitment line – 7364 5011
Electoral services – 7364 0872
Tower Hamlets Homes – 7364 5015
Healthline – 7364 5016

Report it!

To report an incident, use these 24-hour freephone numbers:
Non-emergency crimes – 101
Textphone – 18001 101
Hate crimes – 0800 138 0521

General enquiries

For other council enquiries call 7364 5020.

Useful housing numbers

Housing repairs – 0800 376 1637
Tenancy support – 7364 5544
Housing advice (E14) – 7364 7507
Housing advice (E1, E2 or E3) – 7364 3558
Homeless service – 7364 7474
Choice-based lettings – 7364 0244
Homeseekers – 0845 270 2400

Switchboard

If you know the name of the person or department you



Do you know where to find this unusual feature of the borough? Our popular oddities picture poser gives readers the chance to keep their eyes peeled to see if they can spot where our photographers took the pictures. The photo featured on this page in the June 24 edition was by Mr Mel Glass, who lives in Robin Hood Gardens where it was taken. If you have photos of your own you want to submit, please feel free. Email eastendlife.news@towerhamlets.gov.uk or send them to Photo Poser, East End Life, Town Hall, Mulberry Place, 5 Clove Crescent, Poplar, E14 2BG.

need to contact, call the switchboard on 7364 5000.

Town Hall

Town Hall, Mulberry Place,
5 Clove Crescent, E14 2BG.
7364 5000

Other useful information

Safer Neighbourhood teams (SNTs)
SNTs operate in every ward in

Tower Hamlets, providing dedicated community policing that works to priorities set by the public through Local Area Partnerships (LAPs).

To find out more about SNTs, contact your local team:
Bethnal Green North 8721 2851
Bethnal Green South 8721 2849
Blackwall & Cubitt Town 8721 2877
Bow East 8721 2807
Bow West 8649 3521
Bromley by Bow 8721 2041
East India & Lansbury 8721 2806
Limehouse 8721 2852

Mile End & Globe Town 8721 2853
Mile End East 8721 2848
Millwall 8721 2850
Shadwell 8649 3524
Spitalfields & Banglatown 8721 2042
St Dunstan's & Stepney Green 8721 2808
St Katharine's & Wapping 8721 2854
Weavers 8721 2043
Whitechapel 8649 3520

If a crime is in progress, there is an emergency or if

anyone is in immediate danger please dial 999.

24-hour domestic violence national helpline
0808 2000 247

Trading standards
Consumer Direct: 08454 040506

Tower Hamlets Mediation Service offers confidential and impartial advice with neighbour conflict
Free service for council tenants and leaseholders. 7702 8305

Walk-in services

One Stop Shops

Bethnal Green – 1 Rushmead, off Bethnal Green Road, E2
Bow & North Poplar – John Onslow House, 1 Ewart Place, E3
South Poplar – 15 Market Square, Chrisp Street, E14
Stepney & Wapping – Idea Store Watney Market, 260 Commercial Road, E1.
Open Mon-Fri, 9am, doors close at 4.30pm. Sat, 9am, doors close 12.30pm at Rushmead and Idea Store Watney Market only.

Idea Stores

Bow – Gladstone Place, E3.
Canary Wharf – Churchill Place, Canary Wharf, E14.
Chrisp Street – Vesey Path, E14.
Whitechapel – 321 Whitechapel Road, E1. 7364 4332
Watney Market – Commercial E1. 7364 4332
All open: Mon to Thurs, 9am-9pm; Fri, 9am-6pm; Sat, 9am-5pm. Sundays – Bow and Chrisp Street open, 10am-4pm; Whitechapel, 11am-5pm; and Canary Wharf, 12-6pm.

Libraries

Bethnal Green – Cambridge Heath Road, E2. 8980 3902
Cubitt Town – Strattondale Street, E14. 7987 3152
All open: Mon, Tues, Weds & Fri, 10am-6pm; Thurs, 10am-8pm; Sat, 9am-5pm.
Local History Library and Archives – 277 Bancroft Road, E1. Temporarily closed during building works, until June. 7364 1290; email localhistory@towerhamlets.gov.uk

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War iyo wacaal waxaad haysaan u soo dir boga isku soo dhaweynta bulshada ee East End Life.

7364 4944



Harmony

Advice on benefit changes for the Somali community



Mayor Lutfur Rahman with organisers and visitors at the benefits advice session

Isbedelka benefiti ku yelanayo dadka

BISHAN Juulay 3dii, maal-intii Arbacda ayaa bulshada Somalidu a loogu qabtay Xarunta Muslimiinta ee London, munaasabad looga hadlayey samaynta ee ku yeelan isbedelka dawladu ku soo rogtey benefitiska.

Munaasabadan oo ay wada-jir u soo abaabuleen Ururka Horumarinta Somalida, Ururka Somalida ee OSCA iyo kownsulka, waxaa dadkii soo qaybgalay ku soo dhaweeyey madasha shaqaale af-somali ku hadlaya, kuwaas oo talooyin ka siiyey dhinaca guryaha, dhaqaalaha iyo shaqo gelista,

islamarkaana u faahfaahiyey samaynta uu ku yeelanayo isbedelka benefitiska lagu soo rogey.

Meeyor Rahman ayaa yidhi: “Isbedelkan dawladdu ku soo rogtey benefitisku, wuxuu saamayn ku yeelanayaa kumanyaal qoys oo degan Tower Hamlets. Sidaa daraadeed waxaan dadweynaha ku adkaynayaa in ay talo raadsadaan intay goori goor tahay.”

Mohamed Haji, agaasimaha ururka SDA ayaa yidhi: “Xubnaha bulshadayadu aad ayay uga walaacsan yihiin isbedelka dawladdu ku samaysay benefitiska.

“Urur ahaan, talo iyo tusaale waanu siin karnaa, hasayeeshee waxaa loo baahan yahay in ay ka faa’iideystaan fursadaha ah kulamada loo qabto isbedelka oo la hadalaan khubaro timaada.”

Kownsulku wuxuu qabanayaa munaasabad kale oo tan la mid ah oo aadan dadweynaha ree Tower Hamlets oo dhan, taasi oo noqon doonta maalinta Sabtida, 13 Juulay. Waxaa lagu qaban doonaa Idea Store Whitechapel 321 Whitechapel Road, E1.

Haddaad dooneyso in la hadasho la taliye dhinaca benefitiska ah wac 7 364 5001.

Kansarka sonboba

Spotting cancer early saves lives – see page 8

OLOLAHA heerka qaran ee kansarka digtoonoo ayaa dadka ku baraarujinaya astaamaha kansarka sonboba iyo in aad si degdeg ah dhakhtarkaa-ga ula xidhiidho.

Ololuhu wuxuu deegaan ahaan Tower Hamlets looga wadaa si dada looga kaalmeeyo garashada astaamaha, intaanu

kansarku weli aad u fidin eel ala tacaali karayo. Marka hore loo ogaado kansarka ayaa in aad ka badbaadaana suurtoogala tahay.

Kansar sonboba, waa ka u badan Iglan, kansarka wax dila. Wuxuu ugu yaraan dilaa sannad walba 24, 000 qof. Boqolkiiba shan iyo toban keliya ayaa la ogaadaa markuu bilawga yahay, waana lagu guu-

leystaa daaweynta.

Astaamaha lagu garto waxaa ka mid ah qofac joogta ah mud-do sedex todobaad ah. Waxaa kale oo ka mid ah dhiig aad qufacdo, neef qabatow, miisaanka oo hoos u dhaca sobob la’aan, amma xanuun aad ka dareento garbaha amma feedhaha.

Faafaahin: www.nhs.uk/beat-clear-on-cancer

টাওয়ার হ্যামলেটস্ সাস্টেইনেবিলিটি কনফারেন্স অনুষ্ঠিত

বারায় প্রথমবারের মতো আয়োজিত এক সম্মেলনে বারার পরিবেশ ও প্রতিবেশের আরো উন্নয়ন এবং ভবিষ্যতের সকল উন্নয়ন পরিকল্পনা পরিবেশ-বান্ধব করার উপর গুরুত্বারোপ করা হয়েছে। টাওয়ার হ্যামলেটস্ সাস্টেইনেবল কনফারেন্স নামের এই বিশেষ সম্মেলনটি গত ২৭ জুন মাইল এন্ড পার্কের ইকোলোজী সেন্টারে অনুষ্ঠিত হয়। বিস্তারিত পড়ুন নীচে -

SUSTAINABILITY CONFERENCE PUTS GREEN ISSUES ON THE AGENDA



Speakers at the first ever Tower Hamlets sustainability conference

পরিবেশ-বান্ধব টেকসই বারা গড়ে তুলতে সাস্টেইনেবিলিটি কনফারেন্স অনুষ্ঠিত

Sustainability conference puts green issues on the agenda – page 12

টাওয়ার হ্যামলেটস্ প্রথমবারের মতো আয়োজিত সম্মেলনে বারার পরিবেশ ও প্রতিবেশের আরো উন্নয়ন এবং ভবিষ্যতের সকল উন্নয়ন পরিকল্পনা পরিবেশ-বান্ধব করার উপর গুরুত্বারোপ করা হয়েছে।

টাওয়ার হ্যামলেটস্ সাস্টেইনেবল কনফারেন্স নামের এই বিশেষ সম্মেলনটি গত ২৭ জুন মাইল এন্ড পার্কের ইকোলোজী সেন্টারে অনুষ্ঠিত হয়। প্রথম বার্ষিক এই সম্মেলনে স্থানীয় বিভিন্ন সংগঠন, ব্যবসায়ী ও কমিউনিটি গ্রুপের প্রতিনিধিসহ প্রায় শতাধিক বাসিন্দা অংশ নেন। তারা টাওয়ার হ্যামলেটস্কে অধিকতর প্রাণোচ্ছল এবং টেকসই বারা হিসেবে গড়ে তুলতে চলমান কার্যক্রম ও ভবিষ্যত পরিকল্পনাগুলো নিয়ে আলোচনা করেন।

এ প্রসঙ্গে নির্বাহী মেয়র, লুৎফুর রহমান বলেন, পরিবেশ সুরক্ষায় আমাদের প্রত্যেকেরই দায়

দায়িত্ব রয়েছে। তাই আমাদের জীবন যাপনের প্রতিটি পর্যায়কে আরো পরিবেশ বান্ধব করে তুলতে যে ক্ষেত্রেই সম্ভব, সে ক্ষেত্রে আমরা ছোটখাটো পরিবর্তন আনতে পারি।

তিনি বলেন, এই টাওয়ার হ্যামলেটস্কে আমাদের কিছু উদ্যোগ, যে আমাদের জ্বালানী সমবায় টি.এইচ.ই কমিউনিটি পাওয়ার, যা শুধু টেকসই পরিবেশই নিশ্চিত করে না, জনসাধারণ আর্থিকভাবে লাভবানও হন। বেশি পরিমাণে গ্যাস বিদ্যুত কেনায় সস্তায় তা ভোক্তাদের কাছে সরবরাহ করা সম্ভব হচ্ছে। এই জ্বালানী সমবায়ী উদ্যোগের ফলে সংশ্লিষ্ট প্রতিটি পরিবার বছরে কমপক্ষে ১২২ পাউন্ড সঞ্চয় করতে সক্ষম হচ্ছেন।

সম্মেলনে বারার মৌলিক ও গুরুত্বপূর্ণ উন্নয়ন পরিকল্পনার নকশা প্রণয়ন, বাস্তবায়ন, মালিকানা ও ব্যবস্থাপনার প্রতিটি ধাপে স্থানীয় জনসাধা-

পের অংশগ্রহণ নিশ্চিত করার পাশাপাশি বিনিয়োগ সম্ভাবনার নানা দিক নিয়ে আলোচনা করা হয়।

পরিকল্পিত কার্যক্রমগুলো এমনভাবে ডিজাইন করা হয়েছে, যেখানে বিভিন্ন ইস্যু, যেমন কর্মসংস্থান সৃষ্টি, দক্ষতা বৃদ্ধি, ক্ষুদ্র ব্যবসাকে সহায়তা প্রদান, জ্বালানী দারিদ্র দূরীকরণ, এবং বাতাসের মান উন্নয়নের পাশাপাশি কার্বন নিঃসরণ ও আবর্জনা পূর্ণব্যবহার করণের মতো পরিবেশ-বান্ধব থিম বা প্রতিপাদ্য বিষয়ে প্রাণাণ্য দেয়া হয়েছে।

এই ধরনের সম্মেলন এটাই প্রথম, যার উদ্দেশ্য হচ্ছে টাওয়ার হ্যামলেটস্ এর ভবিষ্যত বিনির্মাণে স্থানীয় জনসাধারণের অংশগ্রহণ নিশ্চিত করা। এনাজী কো-অপারেটিভস্ কিংবা স্থানীয় উৎপাদনকারী গ্রুপ অথবা ইলেক্ট্রিক ভেইকল কার ক্লাবে যোগ দেয়ার মাধ্যমে বাসিন্দারা পরিবেশ-বান্ধব উদ্যোগের সাথে সম্পৃক্ত হতে পারে।

ফ্রডিসিয়াল রাইড লন্ডন সাইক্লিং এর জন্যে যেসব রাস্তা বন্ধ থাকবে

Plan ahead for road closures – issue 966

আগামী ৩রা ও ৪ঠা আগস্ট ফ্রডিসিয়াল রাইড লন্ডন সাইক্লিং অনুষ্ঠিত হবে। আর এ জন্যে ৪ঠা আগস্ট ওয়াপিং ও আইল অফ ডগস এলাকায় প্রবেশ করা কঠিন হবে।

যেসব রাস্তা বন্ধ থাকবে সেসব এলাকার ম্যাপ দেখতে হলে-www.tfl.gov.uk/prod/roadridelondon-এই ওয়েবসাইট ভিজিট করার জন্যে অনুরোধ করা হয়েছে।

ফ্রডেনশিয়াল রাইড লন্ডন রেইস এর জন্য বিভিন্ন রাস্তা ও নদীপথ বন্ধ থাকলেও পথচারীদের জন্যে রাস্তা খোলা থাকবে। ৩রা আগস্ট টাওয়ার হিল সকাল ৫টা থেকে সন্ধ্যা ৬টা পর্যন্ত বন্ধ থাকবে।

মর্যাদাকর এমজে পুরস্কার পেলো টাওয়ার হ্যামলেটস্ কাউন্সিল

Council win MJ award – page 9

টাওয়ার হ্যামলেটস্ কাউন্সিল, ইস্ট লন্ডন ফাউন্ডেশন ট্রাস্ট এবং আলজেমিয়াস সোসাইটি লকেল গভর্নমেন্ট এওয়ার্ডে ভূষিত হয়েছে।

ডিমেনশিয়া আক্রান্ত ও তাদের কেয়ারারদের জন্যে উন্নত ধরনের পছন্দ্য যৌথ উদ্যোগে কাজ করার স্বীকৃতি স্বরূপ মিউনিসিপ্যাল জার্নাল সোশ্যাল কেয়ার ক্যাটাগরিতে এই এওয়ার্ড প্রদান করেছে। তিন বছরব্যাপি কাজ করার পর এই যৌথ উদ্যোগ ডিমেনশিয়া আক্রান্ত ও তাদের কেয়ারারদের জন্যে কাজ করার জন্যেই উন্নত পছন্দ্য উদ্ভাবন করা হয়েছে ও বর্তমান সেবা প্রদান প্রণালির স্থলে প্রতিস্থাপিত করা হয়েছে।

এর আগে টাওয়ার হ্যামলেটস্ বারার অবস্থান ডিমেনশিয়া রোগ নির্ণয় করার ক্ষেত্রে নীচের দিকে ছিল। কমিউনিটি ও ভলান্টিয়ার সেক্টরের সংগঠনগুলোর সাথে যৌথ ভাবে কাজ করার ফলে

এর বহু উন্নতি হয়েছে। মেয়র লুৎফুর রহমান এ ব্যাপারে মন্তব্য করতে গিয়ে বলেছেন, আমি অত্যন্ত আনন্দিত যে মিউনিসিপ্যাল জার্নাল কঠোর পরিশ্রমের ফলাফলকে স্বীকৃতি প্রদান করেছে। যৌথ উদ্যোগে কাজ করার ফলে আমরা যেমন স্থানীয় জনগণের জীবন রক্ষার উদ্যোগ নিতে সক্ষম হয়েছি তেমনি সেবার মান বাড়ানো ও সম্ভব হয়েছে। হেলথ ও ওয়েলবিং এর কেবিনেট মেম্বর কাউন্সিলর আব্দুল আসাদ এ ব্যাপারে মন্তব্য করতে গিয়ে বলেছেন, মিউনিসিপ্যাল জার্নাল যে স্বীকৃতি প্রদান করেছে এটি একটি বিরাট অর্জন। ডিমেনশিয়া রোগি ও তাদের কেয়ারারদের দ্বারা সেবা প্রদানের ক্ষেত্রে মেট্রাল হেলথ স্ট্রাটেজি প্রণয়নে আমরা যৌথ উদ্যোগে আরো অগ্রগতির দিকে এগিয়ে যাব।



ঐতিহাসিক উপাসনালয়গুলোর উন্নয়নে বিশেষ স্কীম

বারার সবচেয়ে ঐতিহাসিক উপাসনালয়গুলোর উন্নয়নে কাউন্সিল ইংলিশ হেরিট্যাজ এর সাথে পার্টনারশীপের ভিত্তিতে নতুন ও উচ্চাভিলাষি প্রকল্প গ্রহণ করেছে। উপাসনালয়গুলোকে তাদের অতীত জৌলুসে ফিরিয়ে আনতে পরামর্শ ও তথ্যাবলী দিয়ে সহায়তা করতে ‘দ্যা হিস্টোরিক প্ল্যাসেস্ অব ওরশিপ স্কীম’ গঠন করা হয়েছে। বিস্তারিত নীচে -

SUPPORTING HISTORIC PLACES OF WORSHIP

Harmony

ঐতিহাসিক উপাসনালয়গুলোর উন্নয়নে

বিশেষ স্কীম গ্রহণ করেছে কাউন্সিল

Supporting historic places of worship – issue 966

বারার সবচেয়ে ঐতিহাসিক উপাসনালয়গুলোর উন্নয়নে কাউন্সিল ইংলিশ হেরিট্যাজ এর সাথে পার্টনারশীপের ভিত্তিতে সম্পূর্ণ নতুন ও উচ্চাভিলাষি প্রকল্প গ্রহণ করেছে।

এই প্রকল্পের মেয়াদ হচ্ছে জানুয়ারী ২০১৬। বারার ঐতিহাসিক ও স্থাপত্য নিদর্শন সমৃদ্ধ উপাসনালয়গুলোকে তাদের অতীত জৌলুসে ফিরিয়ে আনতে সংশ্লিষ্ট কমিউনিটিগুলোকে বিশেষজ্ঞ পরামর্শ, প্রশিক্ষণ, অনুদান লাভের সম্ভাব্য উৎস সম্পর্কিত তথ্যাবলী দিয়ে সহায়তা করতে ‘দ্যা হিস্টোরিক প্ল্যাসেস্ অব ওরশিপ স্কীম’ গঠন করা হয়েছে।

সারা দেশের কাউন্সিলগুলোর সহায়তায় প্রতি বছর ইংলিশ হেরিট্যাজ “স্মুকি-পূর্ণ ঐতিহ্য” তালিকাকে হালনাগাদ করে থাকে, যেখানে ক্ষয়প্রাপ্ত হওয়া, তহবিল স্বল্পতার কারণে যথাযথ রক্ষণাবেক্ষণ না হওয়া এবং সম্ভাব্য ক্ষতিকারক উন্নয়ন প্রকল্প ইত্যাদি নানা কারণে স্মুকির মুখে পড়া ঐতিহাসিক বিল্ডিংগুলোর যাবতীয় তথ্যাদি তুলে ধরা হয়।

টাওয়ার হ্যামলেটস্ এ বিভিন্ন কারণে ঐতিহাসিক ধর্মীয় উপাসনালয়গুলো স্মুকির মধ্যে পড়তে পারে। যেমন বিল্ডিংগুলোর স্থায়ীত্বকাল, অর্থের অভাবে যথাযথভাবে রক্ষণাবেক্ষণ না হওয়া এবং এই সময়ের ধর্মীয় সভার আয়োজনের সাথে ভবনের ঐতিহাসিক স্থাপত্য শৈলী রক্ষা করে আধুনিকায়ন করাটা কঠিন হওয়া, ইত্যাদি।

চলতি গ্রীষ্মকালের মধ্যে বারার ঐতিহাসিক উপাসনালয়গুলো ও স্মুকি-পূর্ণ বিল্ডিংগুলোর সাথে কাউন্সিলের পক্ষ থেকে যোগাযোগ করা হবে, যাতে করে তারা যথাযথ পরামর্শ ও সহায়তা লাভ করে। এসব ঐতিহাসিক ভবনগুলো রক্ষণা-বক্ষণের সাথে যারা জড়িতদেরকে নতুন এই স্কীম সম্পর্কে অবহিত করতে কাউন্সিল ইন্টার-ফেইথ



Cllr Rabina Khan and Rev Alan Green joins representatives from English Heritage

ফোরামের সাথে কাজ করবে।

নির্বাহী মেয়র লুৎফুর রহমান বলেন, টাওয়ার হ্যামলেটসের অসংখ্য মানুষের জীবনে অত্যন্ত গুরুত্বপূর্ণ অংশ হচ্ছে ধর্ম বিশ্বাস। আর বারার ইতিহাসের গুরুত্বপূর্ণ অংশ হচ্ছে এখানকার অসংখ্য ঐতিহাসিক ধর্মীয় উপাসনালয়।

তিনি বলেন, বারার যেসকল ঐতিহাসিক ধর্মীয় স্থাপনা সবচেয়ে স্মুকি-পূর্ণ বলে বিবেচিত হচ্ছে, সেগুলো নিয়ে যাতে আগামী প্রজন্ম গর্ব করতে পারে, সেজন্য তা রক্ষণাবেক্ষণে প্রয়োজনীয়

পরামর্শ প্রদানে কাউন্সিল ইংলিশ হেরিট্যাজের সাথে অংশদারীত্বের ভিত্তিতে কাজ করবে।

হাউজিং বিষয়ক কেবিনেট মেম্বর, কাউন্সিলর রাবিনা খান বলেন, বিভিন্ন ধর্মের অনুসারী কমিউনিটি যাতে করে তাদের ঐতিহাসিক উপ-াসনালয়গুলোকে আগের জৌলুসে ফিরিয়ে নিতে প্রয়োজনীয় সকল সহায়তা পায় এবং অনুদানের উৎস ও লাভের কৌশল সম্পর্কে অবহিত হয়, তা নিশ্চিত করতে আমরা আগামী বছরের শুরু দিকে একটি অনুষ্ঠানের আয়োজন করবো।

টাওয়ার হ্যামলেটস্ ইন্টার ফেইথ ফোরামের চেয়ার, দ্যা রেভারেন্ড প্রেবেনডারি এ্যালেন গ্রীণ বলেন, এই স্কীমের সবচেয়ে ভালো দিকটি হচ্ছে, এটি ইংলিশ হেরিট্যাজ কর্তৃক নির্ধারিত নীতিম-

লার আলোকে এর লক্ষ্য নির্ধারণ করা হয়েছে। এই সাপোর্ট স্কীম সম্পর্কে আরো তথ্য জানতে

হলে ২০২ ৭৩৬৪ ৬৪৫১ নাম্বারে ফোন করে এলিসন বর্ডেন অথবা ২০২ ৭৩৬৪ ৫৭৪৯ নাম্বারে ফোন করে আব্দুল ওয়াজিদের সাথে যোগাযোগ করার জন্য অনুরোধ করা হয়েছে।

ঐকতান

Send your Bengali and Somali news to Harmony, East End Life, Town Hall, 5 Clove Crescent, Poplar E14 2BG.

7364 4944

News in brief

সংগ্রামী নারীদের স্মরণে

উৎসব অনুষ্ঠিত

১৮৮৮ সালে বায়ারান্ট এন্ড মে ফ্যাক্টরির কর্মরত সংগ্রামী নারীরা কাজের উপযোগি পরিবেশ সৃষ্টির জন্যে আন্দোলন করে বিজয়ী হন। ঐ সব সংগ্রামী নারীদের স্মরণে ২রা জুলাই থেকে ৭ই জুলাই পর্যন্ত এক উৎসবের আয়োজন করা হয়েছে। শ্রমিক শ্রেনীর সংগ্রামের ইতিহাসে এসব নারীরা ম্যাচগার্ল নামে খ্যাত হয়েছেন।

মেয়র লুৎফুর রহমান বলেছেন, শতাব্দী সংগ্রামী নারী শ্রমিকরা তাদের জীবিকার ঝুঁকি নিয়ে সাম্য ও অধিকার আদায়ের সংগ্রামে অবতীর্ণ হয়ে দাবী আদায় করেছিলেন তারা আজও প্রেরনার উৎস হয়ে আছেন।

কালচারের কেবিনেট মেম্বর কাউন্সিলর রানিয়া খান বলেছেন, আমি অত্যন্ত গর্বিত যে সংগ্রামী মহিলারা বিযাক্ত কাজের পরিবেশের বিরুদ্ধে লড়াই করে তাদের অধিকার আদায় করেছিলেন। এই উৎসবে যোগ দেয়ার জন্যে সকলকে আহ্বান জানাচ্ছি।

বসনিয়ার গৃহযুদ্ধের উপর

নির্মিত চলচ্চিত্রের প্রদর্শনী

৭-১৩ জুলাই

গত বছর মালবারি স্কুলের ছাত্রীদের দ্বারা নির্মিত বসনিয়ার গণহত্যার উপর নির্মিত একটি ছায়াছবি বারবিকান সেন্টারে প্রদর্শিত হয়েছিল। এই ছবিটি ৭ জুলাই থেকে ১৩ জুলাই রিচার্ড স্ট্রীটে অবস্থিত মালবারি-বিগল্যান্ড গ্রীন সেন্টারে সোয়া ৪টার সময় প্রদর্শিত হবে। টিকেটের হার ১ পাউন্ড টিকেট বিক্রির অর্থ বসনিয়ান চ্যারিটিতে দান করা হবে।

জানা গেছে, ৬জন ছাত্রীকে চিত্রগ্রহণ করার প্রশিক্ষণ দিয়ে তাদেরকে গৃহযুদ্ধের শিকার কয়েক ব্যাক্তির ইন্টারভিউ গ্রহণ করার জন্যে বসনিয়ার যুদ্ধ-বিরুদ্ধ সেরেব্রিনিকা-তে পাঠানো হয়।

টিমটি হেগ-এ অবস্থিত আন্তর্জাতিক আদালতে বসনিয়ার নেতা রাডোভান কারাডজিকের বিরুদ্ধে বিচার কাজ ও অবলোকন করেন। এ ফিল্মটির নির্মাতা হচ্ছেন আফিয়া গিল।

আফিয়া গিল বলেছেন, আমি আত্মবিশ্বাসি ছিলাম যে আমরা একটি সৃষ্টিশীল কাজ করতে পারবো। গৃহযুদ্ধের পর যারা প্রানে বেচেছেন

দেহীতে হলেও আমরা তাদের কথা তুলে ধরতে পেরেছি।

গত বছরে এই ছবিটি প্রদর্শিত হবার পর টাইম আউট ম্যাগাজিনে এর সমালোচনা প্রকাশিত হয়েছিল। এ ছাড়াও ছবিটি হাউস অফ লর্ডসে প্রদর্শিত হয়েছে এবং নিউইয়র্ক পিপুলস ফিল্ম ফ্যাস্টিভ্যালে ইন্টারন্যাশনাল ডকুমেন্টারি বিভাগে শ্রেষ্ঠ চলচ্চিত্র হিসাবে পুরস্কার পেয়েছে।

রমজান সম্পর্কে

ডায়াবেটিকদের জন্যে তথ্য

আসন্ন রমজান মাসে ডায়াবেটিকদের জন্যে রোজা রাখা সম্পর্কে তথ্য সম্বলিত একটি ভিডিও চিত্র নির্মিত হয়েছে। ইস্ট লন্ডন মসজিদের অন্যতম ইমাম আবুল হোসেন ধর্মীয় দৃষ্টিকোন থেকে ডায়াবেটিক রোগীদের জন্য রোজা রাখা না রাখার ব্যাপারে ব্যাখ্যা প্রদান করেছেন।

এ ছাড়াও সিলেটি ও ইংরেজি ভাষায় নির্মিত এই ভিডিওতে একজন স্বাস্থ্যকর্মীও চিকিৎসা বিজ্ঞানের দৃষ্টিকোন থেকেও ব্যাখ্যা প্রদান করেছেন। এই ভিডিওটি জিপি ও রোগিরা দেখলে প্রয়োজনীয় তথ্য অবগত হতে পারবেন।

ওয়েভ ও স্মার্টফোনে

ড্রাগস এ্যাপ

গত সপ্তাহে ড্রাগস ও মাদকাসক্তদের এর কুফল সম্পর্কে সতর্ক করার জন্যে সপ্তাহব্যাপি অনুষ্ঠান মালার আয়োজন করা হয়। এই ড্রাগস এওয়ার-নেস উইক উপলক্ষে ওয়েব ও স্মার্টফোনে দেখা যাবে এমন একটি এ্যাপ প্রকাশ করা হয়েছে যাতে মাদকাসক্তরা তাদের ড্রাগস ও মদ ব্যবহারের মাত্রা পরিমাপ করতে সক্ষম হবে। দি ড্রাগস মিটার এ্যাপ কয়েকটি সংক্ষিপ্ত প্রশ্ন করে ড্রাগ অথবা মদের ব্যবহারের মাত্রা সম্পর্কে ধারণা দিয়ে থাকে। এই এ্যাপের মধ্যে রয়েছে কোথায় কোন ধরনের সহযোগিতা পাওয়া যাবে এর তথ্যও।

■ The above stories are: festival celebrates Matchgirls – issue 966; film set for screening – issue 966; Ramadan diabetes resource video; get drug smart with new apps – issue 966

WOMEN'S ACTIVITY PROGRAMME JULY – AUGUST 2013

www.better.org

MILE END PARK LEISURE CENTRE

MONDAY	Swimming Lessons	11:00am Beginners
	Swimming Lessons	11:30am Intermediates
TUESDAY	Swimming Lessons	2:00pm Beginners
	Swimming Lessons	2:30pm Intermediates
THURSDAY	Indoor Gym	7:00-8:00pm

TILLER LEISURE CENTRE

MONDAY	Pilates	10:00-11:00am
	Running Group	6:30 – 7:30pm
TUESDAY	Bollywood Dancing	10:00-11:00am
WEDNESDAY	Brazilian Dance	10:00-11:00am
SUNDAY	Swimming Lessons	10:00am Beginners
	Swimming Lessons	10:30am Intermediates

WHITECHAPEL SPORTS CENTRE

MONDAY	Badminton*	7:00-8:00pm
	Trampolining*	7:00-8:00pm Drop in
		8:00-9:00pm Course
WEDNESDAY	Basketball	6:00 – 7:00pm

YORK HALL LEISURE CENTRE

TUESDAY	Aqua Jogging	7:30-8:15pm
	Water Workout	8:30-9:15pm
WEDNESDAY	Swimming Lessons	12:20pm Beginners
	Swimming Lessons	12:50pm Intermediates

SESSIONS ARE £1.10

Except Swimming lessons: £2 per lesson (booked as a 12 week course)

*Badminton and Trampolining are included in £3.30 entry fee as part of Women-only night at Whitechapel. The Trampolining course at Whitechapel has limited spaces at an extra cost.

RAMADAN EDUCATION SESSIONS AT MILE END PARK LEISURE CENTRE

Wednesday 17th July 12:00noon -12:45pm
Pilates
Monday 22nd July 11:00am-1:00pm
Careers in Sport, followed by a short health walk
Monday 29th July 11:00am-1:00pm
Designing new Sport4Women T-shirts, followed by a short health walk
Monday 5th August 11:00am-1:00pm
Future of Sport4Women: Breaking down Barriers to Exercise, followed by a short health walk

To access Sport4Women sessions participants must have a Pay and Play Better Membership.
Please email: Sport4women@gll.org
or telephone: 07914 685261

BETTER
the feel good place

Going to university can be costly yet the latest figures from UCAS show that applications are up by 2.5 per cent on last year. The good news is that some Tower Hamlets students may be able to access £1,500 towards their degree course. **Jacqueline Harthill** reports.

LAUNCHED on July 1, the Mayor's Higher Education Award is a ground-breaking scheme to help ease the cost of university.

Amal Doua, Nahida Ahad and Saleha Subhan Begum are year 12 students at Mulberry School for Girls in Stepney. They said that the cost of university would not deter them from applying.

"It did put me off at first", said Amal, talking about how she felt when she first heard that students would have to borrow up to £9,000 a year to pay for fees.

"But then I did some research and found out that you could borrow the money; then I wasn't so worried as it is something I really want to do."

Nahida went on: "I'd rather have the debt and go to university and experience it than have to look back later and not have done what I wanted to do."

All the girls felt that the MHE award would



Mulberry School pupils at the launch of the Mayor's Higher Education Award

A significant portion of our students stay in London and go to London universities. I think we should be encouraging people to broaden their horizons."

Charles Claxton, deputy head, George Green's School

be really useful, either to help pay for the cost of living or to buy books and other resources.

"If I go to university out of London, the grant will help a lot," Nahida said.

Anthony Bronson, head of further education at Mulberry, said that 85 per cent of their students went to university last year.

"Quite a few of our students stay at home when they study," she said.

"Last year, seven to ten per cent of those that applied went out of London.

"I think there are various reasons for that but one of them is a financial consideration. Obviously, it's much cheaper for them to stay at home."

Mr Bronson feels that the rise in university fees made students think more carefully about their A-level subjects.

"I think they're more conscious of that now because, if they are going to incur this debt, then they want to make sure that it's worthwhile."

Charles Claxton, deputy head at George Green's School on the Isle of Dogs, said the MHE award would definitely help but added: "I think, ironically, where it's going to help most is in years 2 or 3 [of university]."

"What often happens is they come out of sixth form and, although we encourage a lot of independence, the students are still quite mollycoddled.

"It's only when they've actually got to university that the reality of it makes itself ap-



parent. The fact that this payment is over the three years is really useful."

Bradley Payne and Rushel Ahmed are both in year 12 at George Green's and are both interested in applying for the Mayor's Higher Education Award.

"I want to go to university to achieve more, to get a better job out of it," Bradley said.

"The student loan doesn't really worry me. Everyone says that it's a lot but you pay it off over a certain number of years. Getting the higher education award would make a difference. It will help a lot."

Rushel wants to go to university as "people with degrees tend to get better jobs".

He's concerned about the criteria for getting the award. "There should be other criteria than just financial to make it more broad for people.

"If your parents earn just over the average wage and you're part of a big family, then you can't really support one specific child at university but you may not be eligible for the award."

Both Bradley and Rushel also felt that there should be additional help.

Rushel explained that students often have to attend several open days. "You need to go to the open day to get a feel of the university but sometimes it's not possible if you can't get the money to get the fares. Travel costs can be a bit of a problem."



Anthony Bronson, head of further education at Mulberry School



(L-r) George Green's acting head of sixth form Rob Birkett with deputy head Charles Claxton

"A real bonus fo



You need to go to the open day but sometimes it's not possible if you can't get the money for the fares. Travel costs can be a bit of a problem."

Rushel Ahmed, pupil, George Green's School

(Above) Mayor Lutfur Rahman at the launch of his higher educational award

(Top left, l-r) Mulberry School students Amal Doua, Nahida Ahad and Saleha Subhan Begum are looking forward to university life

(Left) George Green's pupils Bradley Payne and Rushel Ahmed are both interested in the Mayor's Higher Educational Award

Rob Birkett, acting head of sixth form at George Green's, also felt that the commitment students show while in the sixth form could be counted.

"There are students that seem to get everything and some who get nothing despite the fact that they're probably more engaged and want to do well. I wouldn't necessarily say it should be in terms of academic performance, I think it should be some criteria in terms of how motivated they've been, how their attendance has been, things like that. If that had an effect, when they went to university, it might improve attendance as well."

Mr Claxton added: "The award is a real bonus for our young people, it's a bonus for schools. Everything like that helps counteract any obstacles, any negative impressions young people have about going to uni and staying in education. We appreciate it!"

For further information on the Mayor's Higher Education Award or to apply, go to www.towerhamlets.gov.uk/higher or call the council's benefits team on 7364 5001.



Mr Claxton also felt that one of the criteria that could be developed would be to encourage students to study outside of the capital.

"The picture we've got is that a significant portion of our students stay in London and go to London universities. I think we should be encouraging people to broaden their hori-

zons. I don't know if it's something that could be differentiated – that if you leave London, you have a higher amount of financial support?"

r our young people"



5pm till 5am
One ticket, 12 venues, 60 acts at East End Live – including Pere Ubu (left).

DETAILS BELOW



In the pink

Pink Singers are Europe's longest-running LGBT choir made up of over 80 lesbian, gay, bisexual and transgendered people. They sing everything from pop to classical, jazz to folk to showtunes.

WWW.PINKSINGERS.CO.UK

Out & about guide

What's on where this week

Comedy

Edinburgh Previews

John Williams, Steve Hughes and Terry Alderton in three separate shows perform new material before heading up to Scotland for the Edinburgh Fringe Festival. £5-£8. Sun, Jul 14, 4.30pm, 6.30pm & 8.45pm. The Backyard Comedy Club, 231 Cambridge Heath Road, E2. www.backyardbar.co.uk

Event

Table top boot fair

All welcome and £10 a table if you have things to sell – contact the school to book. Sat, Jul 13, 11am-2pm. St Saviour's Church of England Primary School, Crisp Street, E14. 7987 4889

Exhibitions

Calls from Blethenal Green

Artists Johanna Hallsten and Catherine Clover have been commissioned to create work based on the church and its neighbourhood. The photography exhibition looks at people, nature and the building itself. Free. Until Sun, July 28, times vary. St John's on Bethnal Green, 200 Cambridge Heath Road, E2. www.stjohnonbethnalgreen.org

Painting and Philosophy: A Visual System

Exhibition from 80-year-old resident Melvyn Robinson, who has been painting over the last 50 years, some of which have never been seen before. Free. Until Sat, Jul 13, 12-6.30pm. Mile End Art Pavilion, Clinton Road, E3. www.melvynrobinson.com

Film

Floating Cinema

A 10-week programme of feature, documentary and short film screenings, including a fancy dress outdoor screening of Tim Burton's Frankenweenie, and special tours based on London's riverways by Thames Police Museum and the Museum of London Archaeology. Prices vary. Until Sept 30, times vary. London's canals and riverways. www.floatingcinema.info

Rooftop Film Club

Outdoor cinema, including Alfred Hitchcock double bill – Psycho and new biography Hitchcock – as well as everything from Memento to Coming to America. £12. Throughout July, times vary. Queen of Hoxton, 1-5 Curtain Road, EC2. www.rooftopfilmclub.com



New Voices Festival

Family-friendly free music festival featuring a diverse range of acts from around the world; includes Latin, jazz, African and reggae as well as traditional Indian music throughout the day. Free. Sat, Jul 13, 12-7pm. V&A Museum of Childhood and Gardens, Cambridge Heath Road, E2. <http://newvoicesfestival.org.uk>

Music

East End Live

One ticket gets you entrance to 12 venues and more than 60 DJs and musical acts into the early hours. Must-see performances include Pere Ubu at St John on Bethnal Green church and The Monochrome Set at Cargo. £15-£20. Sat, Jul 13, 5pm-5am.

Various locations. www.eastendlive.com

Hand in Hand

The Pink Singers, Europe's longest running LGBT choir, host a special concert with 17 other choirs at The Troxy to mark their 30th anniversary – there will also be vocal workshops. Sat, Jul 13, 7.30pm (workshops 10am).

The Troxy, 490 Commercial Road, E1. <http://30.pinksingers.co.uk>

La Rondine

First of a series of live screenings by the Royal Opera House of some of the world's best opera and ballet on big screens across the UK. Thurs, Jul 11, 7.30pm. Canary Wharf, E14. www.roh.org.uk

Blues in the Night

Musical performance using the great blues and jazz songs of the 1920s and 30s to look at the lives of three women and a saloon singer. £10-£29.50. Sun, Jul 14, 2.30 & 7.30pm. Hackney Empire, 291 Mare Street, E8. www.hackneyempire.co.uk

Walks

Shoreditch walk

The Museum of London Archaeology hosts a walk around Shoreditch, led by Shakespeare expert Julian Bowsher and exploring the theatres, plays and people of the 16th century. £5.95. Sat, Jul 13, 2-3pm. Mortimer Wheeler House, 46 Eagle Wharf Road, N1. www.museumoflondonarchaeology.org.uk

Sport & leisure

Cricket coaching

Under-11s and under-13s – Weds, 4-5.30pm; under-16s – Tues, 4.30-6pm; ages 16+ – Thurs 5-8pm. Dockland Settlements,

197 East Ferry Road, E14.

Docklands women's running group

All abilities welcome Mon, 6.30pm. Mile End Stadium, Rhodeswell Road, E14. 07958 368070

Football training

Every Sat, 9-11am for boys and girls aged 5-11, Mulberry School for Girls, Richard Street, E1; 12-1pm for boys and girls aged 3-5. St Patrick's School, Dundee Street, E1W. 07956 095218

Kibondo

Martial art for ages 6 & over. Mon, 6.30-8pm, all ages; Fri, 7-8.30pm, seniors & adults. £4 adults, £3 children, first lesson free. Teviot Centre, Wyves Street, E14. 07956 428654

Muay Thai for women

KO London, 186 The Arches, Globe Road, E2. Sat 3-4.15 £7 concs, £9 waged. 7265 9693

Multi Sports

Every Sat, 2-5pm. For ages 11-19. George Green's School, 100 Manchester Road, E14. 7987 6032

Netball

Arbour Netball Club train at the Parkside Leisure Centre at Mulberry School, Commercial Road, E1 every Monday night. 01277 811772

Ninjutsu

Tues, 7-9pm, £5. Docklands Settlement, 197 East Ferry Road, E14.

Rugby

Millwall Rugby Club. Men's, women's and youth teams. Suns, 10.30am-12pm (youth);

Mons, 7.30-9pm (adults); Weds, 7.30-9pm (men); Thurs. 6.30-7.30pm (boys aged 7-17); Thurs, 7.30-9pm (women all ages). www.millwallrugby.com 07963 5833655

Sun kune do

Mons, 7-8.15pm. Adults £4.50, ages 10-16, £3.50. Lifra Hall, 7 Halley Street, E1.

Taekwondo classes

Taster class £5 for adults, £3 for ages five to 14. Easy Studio, 60-64 Kingsland Road, E2. 7033 4660

Women's football

Train with East London Ladies FC at Whitechapel Sports Centre, Durward Street, E1. Mon, 8-9pm, ages 16+. Free. www.eastlondonladiesfc.co.uk

Email dates to eastendlife. news@towerhamlets.gov.uk

Sport4Women

Tower Hamlets women being active together

RAMADAN ACTIVITY TIMETABLE

MILE END PARK LEISURE CENTRE

Wednesday 17th July

12 noon – Pilates, meet at Mile End Park Leisure Centre studio

Monday 22nd July

11am – 1pm – Careers in Sport followed by a short health walk, meet at Mile End Park Leisure Centre meeting room

Monday 29th July

11am – 1pm – Designing new Sport4Women T-shirts followed by a short health walk, meet at Mile End Park Leisure Centre meeting room

Monday 5th August

11am -1pm – The Future of Sport4Women: Breaking down Barriers to Exercise followed by a short health walk, meet at Mile End Park Leisure Centre meeting room

For more information please email: sport4women@gll.org or telephone: 07914 685261



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Room with an Olympic-sized view

The View Tube on the Greenway is a community venue with spectacular views of the Queen Elizabeth Olympic Park. Open seven days a week, from 9am-5pm, it has free exhibitions and a café.

WWW.THEVIEWTUBE.CO.UK



Festival fever

The Wireless festival is on July 12-14 at Queen Elizabeth Olympic Park.

WWW.WIRELESSFESTIVAL.CO.UK

Out & About

Utopian visions come to the Whitechapel

WHITECHAPEL Gallery has opened a major new exhibition that will include the work of ten leading international artists.

The Spirit of Utopia, which opened last Thursday, includes new commissions and works by artists, architects and designers.

Yto Barrada, Theaster Gates, Pedro Reyes, Peter Liversidge, Superflex, Claire Pentecost, Wayward Plants, Time/Bank, Ha Za Vu Zu and Ostengruppe see

their work go on display in the main gallery and in other parts of the building.

The exhibition invites the artists to speculate on an alternative future for society, the economy and the environment.

Highlights include Improbable Botany, a series of experimental greenhouses by London artists Wayward Plants, which looks at futuristic seed gardens and sending plants to space. Turkish collective Ha Za Vu Zu

creates a film on the history of the world that involves visitors taking part in a live performance.

The Spirit of Utopia is free and takes place at the Whitechapel Gallery, 77-82 Whitechapel High Street, E1 until September 5.

For more information visit whitechapelgallery.org

(Right) Old Friends and Unloved Others by Claire Pentecost at the Spirit of Utopia exhibition



Big Gig's homegrown talent

BY TOM SHEEN

BEFORE welcoming some of the world's most popular talent for Lovebox, Victoria Park looks a little bit closer to home this week to showcase new talent.

Our Big Gig is part of a national celebration to get the whole country enjoying live music, put the spotlight on new and existing talent, and increase participation in music making.

The six-hour marathon will put some of east London's most exciting new bands, singers and performers on the big stage, in front of hundreds of people.

The festival opens with Vision Choir & Pandemonium Drummers and finishes with the Grand Union Youth Orchestra, showing off all styles of music. Other acts during the day include Rosie Ade, The Crofton Singers, East London Late Starters Orchestra, Shkembe Soup and Sing! Tower Hamlets.

The event started last year as part of London's Olympic closing celebrations.

"Our participation last year filled us with enthusiasm for music in the park," said Richard Desmond, chair of Victoria Park Friends Group, the event's organisers.

"This year we are doing six hours of live music; it promises to be fantastic."

Alan Dave, chief executive of Arts Council England, added: "Our Big Gig will be a real summer highlight. Up and down the country communities will be involved in running their own music events, in a range of venues, introducing audiences to new bands, artists and styles of music.

"This is a great opportunity for communities to think big, to nurture home grown talent and to come together."

Our Big Gig takes place in the western park of Victoria Park, E3 on Sunday, July 14 from 12-6pm.

For more information visit www.ourbiggig.co.uk



The Crofton Singers performing

News in brief

Last call for Jay-Z

FESTIVAL season is well and truly underway and this week it's the turn of urban acts from both sides of the Atlantic to have their turn in the newly re-opened Olympic Park.

Jay-Z and Justin Timberlake top the bill but there are a number of globally loved artists who will perform at Wireless.

Some tickets have sold out, and are selling fast, but there are still a number available – Tower Hamlets residents are also eligible for discounted tickets.

Wireless festival takes place from Friday to Sunday, July 12-14 at the Queen Elizabeth Olympic Park.

Tickets cost from £65, for more information visit www.wirelessfestival.co.uk

View Tube photos

BUDDING photographers are being given one final chance to have their work go on display overlooking the Olympic Park.

The View Tube is inviting the public to take pictures of what they are seeing in east London right now, particularly in their own neighbourhoods.

The best entries will be displayed at the gallery as well as win a host of prizes and receive an invitation to a special surprise event.

To enter take any picture you want and email it to vtsparked@gmail.com before Monday, July 15.

Images should be 1 or 2MB. For more information visit www.theviewtube.co.uk

The place to bee

SPITALFIELDS City Farm will host its annual strawberry and bee fayre on Sunday, July 14 and is inviting residents to join in the fun.

The event from 12-4pm will also feature music, information, singing, crafts, and stalls selling local honey and farm produce. Visitors will have a chance to dress up as a beekeeper and find out about the insects.

Visit the farm in Buxton Street or log onto www.spitalfieldscityfarm.org for further information.



Show 350 years in the making

A NEW exhibition opening at the Tower of London this week has actually been around for 350 years.

And life-size wooden horses dating from around 1688-90, which were used to display spectacular armours, will be taking centre stage.

The Line of Kings was used in the 17th century by the monarchy as a flamboyant display of power to foreign visitors.

And modern visitors will be able to get a peek at how artefacts were viewed as far back as



1652 as the Tower re-opens the exhibition.

This time the old horses, which were moved into position by a specialist team including Royal Armouries conservator Chris Smith and expert technicians from Beck and Pollitzer, are one of the main attractions, rather than just display units.

"The idea that we are following in a centuries-long tradition of re-display at

(Far left) The armour of King James II and (left) a photograph from at least 100 years ago, shows exhibition changes at the Tower of London, and features a life-sized wooden horse, carved to display the suits of armour

the Tower of London is enough to send shivers down our spines," says head of creative programmes, Karen Whitting.

"Every step we take on this extraordinary journey to opening day has been taken before, right here at the Tower. This really is history where it happened."

Line of Kings re-opens at the Tower of London from Wednesday, July 10.

Tickets cost from £10.17 for children up to £57 for a family ticket. Tower Hamlets residents can still visit for £1 with a leisure or library/Idea Store card.

Visit www.hrp.org.uk for more details.

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I WILL REMEMBER YOU."

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AND BE GRATEFUL TO ME
AND DO NOT DENY ME."
QUR'AN 2:152

رمضان ramadan

DAY OF WEEK	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED
RAMADAN	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
JULY/AUGUST	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	1	2	3	4	5	6	7
FAST BEGINS	3.00	3.01	3.02	3.04	3.05	3.07	3.08	3.10	3.11	3.13	3.14	3.16	3.17	3.19	3.21	3.23	3.24	3.26	3.28	3.29	3.31	3.33	3.35	3.37	3.38	3.40	3.42	3.44	3.46	3.48
FAJR JAMAH	3.20	3.21	3.22	3.24	3.25	3.27	3.28	3.30	3.31	3.33	3.34	3.36	3.37	3.39	3.41	3.43	3.44	3.46	3.48	3.49	3.51	3.53	3.55	3.57	3.58	4.00	4.02	4.04	4.06	4.08
ZHUR JAMAH	1.30	1.30	1.30	1.15	1.30	1.30	1.30	1.30	1.30	1.30	1.15	1.30	1.30	1.30	1.30	1.30	1.30	1.15	1.30	1.30	1.30	1.30	1.30	1.30	1.15	1.30	1.30	1.30	1.30	1.30
ASR JAMAH	6.50	6.50	6.50	6.50	6.50	6.50	6.50	6.50	6.50	6.50	6.50	6.50	6.50	6.50	6.50	6.50	6.50	6.50	6.50	6.50	6.45	6.45	6.45	6.45	6.45	6.45	6.45	6.45	6.45	6.45
IFTAR/MAGRIB	9.20	9.19	9.18	9.17	9.16	9.16	9.15	9.14	9.12	9.11	9.10	9.09	9.08	9.07	9.05	9.04	9.03	9.01	9.00	8.58	8.57	8.55	8.54	8.52	8.50	8.49	8.47	8.45	8.43	8.42
ISHA/TARAWI	11.00	11.00	11.00	11.00	11.00	11.00	11.00	11.00	11.00	11.00	10.50	10.50	10.50	10.50	10.50	10.50	10.50	10.50	10.50	10.50	10.40	10.40	10.40	10.40	10.40	10.40	10.40	10.40	10.40	10.40

Beginning and ending of Ramadan is subject to sighting of the Moon. Supplication for opening fast: ذَهَبَ الظَّمْأُ وَابْتَلَّتِ الْعُرُوقُ، وَثَبَتَ الْأَجْرُ إِنْ شَاءَ اللَّهُ The thirst is gone, the veins are moistened and the reward is certain, if Allah wills. Data courtesy of East London Mosque 020 7650 3000

رَمَضَانَ كَرِيمًا

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Eating out, eating in

Diamond in the rough

BY GORDON BLUE

WELL, who'd have thought amidst the hustle and bustle of The Highway and the roar of Commercial Road is a little slice of laid-back café culture. Indeed, squint and order a pastis, and you could be in a Parisian back street.

Enough hyperbole. The Mahogany Bar, part of the recently saved Wilton's Music Hall, is a bit of a find amidst this rather hectic part of Tower Hamlets. Twinkly lights, bistro tables and sun-bleached (or probably more time-bleached) walls beckon you to relax and while away an hour or two.

The menu is straightforward and simple. We started with frit-tata (served cold and would have greatly benefited from being warmed) and a delicious homemade sweetcorn soup, adorned with croutons and basil oil. Needless to say I wolfed both down.

Mains of ploughman's and Caesar salad were fine but with no flair. Delicious dressing for the salad and two types of chutney for the ploughman's, we were close but no prize for the price (£7.50 and £8 respec-



A slice of café culture at Wilton's Music Hall

tively). Homemade rather than shop-bought Scotch egg would have upped the ante, as would a more generous salad.

Puddings were the innocent triumph of the day. Fresh summer fruits served with the kind of vanilla ice-cream that makes

you realise the flavour doesn't have to be dull, I admired the simplicity of using good quality fruits alongside high end ice-cream. Delicious.

Coffees again were not quite what you might expect, lattes scorching hot rather than the creamy warmth you get with a bit of know-how.

Drinks were a nice selection of summery classics such as Fentimans and Fever-Tree brands, and with the sun extraordinarily shining, I had to hold myself back from ordering a shandy or two and succumbing to oblivion for the rest of the day.

Two ate handsomely for less than £20 a head for three courses, including drinks and coffees. This is a must visit and, with a little gentle tweaking round the edges, could be a real diamond amongst the rough. Great to be able to have a good lunch and support a worthy cause at the same time too.

More information about the world's oldest surviving Grand Music Hall, including the summer eclectic entertainment line-up, is available at www.wiltons.org.uk

The Mahogany Bar is at Wilton's Music Hall in Graces Alley, E1. Tel: 7702 2789.

Brownies that you can't beet

EVERY month the council's school catering service provides a tasty, easy to prepare recipe from Trigger's school meal menu for you to try at home.



Send us a picture of yourself preparing or eating the meal – or write a review letting us know what you thought of the dish. Email your entry to www.myschoollunch.co.uk/TowerHamlets/parents/contact/ or post it to Recipe Competition, Toby Lane Council Offices, Toby Lane, E1 4DN. Don't forget to write your name, address and

phone number on the back. This month's recipe is for chocolate and beetroot brownies, which are very tasty.

The inclusion of beetroot is very unusual but Trigger believes that incorporating fruit and vegetables into dishes is a very good way of eating your 5-A-Day.

Chocolate & beetroot brownies – makes 15 pieces


Ingredients

250ml sunflower oil
225gms plain flour
95gms cocoa powder
310gms caster sugar

310gms beetroot
5 eggs
1tsp baking powder
1tsp vanilla essence

Method

1. Pre-heat oven to 180°C and line baking trays with greaseproof paper (300mm x 300mm).
2. Place the flour, baking powder, sugar and cocoa powder in a large mixing bowl.
3. Purée the beetroot, and then add the eggs, one at a time.
4. Add the oil and vanilla and mix well, pour the mixture into the dry ingredients and lightly mix.
5. Bake in a pre-heated oven for 40-45 minutes.
6. Leave to cool completely, dust with icing sugar and serve.



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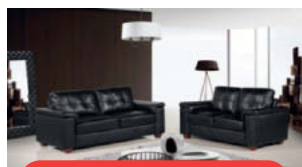
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EASY PARKING



Do you have an idea for a New Social Enterprise but need funding to set up?

The Beyond Business Programme, Bromley by Bow Centre are offering start up funding for new or emerging Social Enterprises across Tower Hamlets, Hackney and Newham. The Social Enterprise must be located in those Boroughs.

What is the Beyond Business Programme?

Beyond Business has already launched a network of 40 plus successful Social Enterprises in the East End and provides:

- Start up funding,
- Strategic and business planning guidance, and
- Practical business support including training, mentoring and pro-bono legal services.

Is my idea for a Social Enterprise eligible?

To be eligible for a start up grant of up to £17,000 your idea for a Social Enterprise must:

- Have a clear social purpose and outcomes, such as employment for people with barriers to work, youth training, healthy living and local environment improvements.
- a sound business proposition and the potential to be financially sustainable without reliance on grant funding.
- Create sustainable employment.
- able to legally set up and start trading by end January 2014.

How will Applicants be assessed?

- **Stage 1:** Applicants submit an expression of interest form for a panel review.
- **Stage 2:** Applicants successful at stage 1 complete a business plan, with support from the Beyond Business team.
- **Stage 3:** Applicants successful at Stage 2 present their business idea and plan to an independent Dragons' Den panel on 24th October 2013 - funding then approved for successful applicants.

Need an expression of interest form?

Please contact:

Kim Hayman, Beyond Business, Bromley by Bow Centre, St Leonard's St, E3 3BT

Telephone: 020 8709 9722

Email: kimh@bbbc.org.uk

The closing date for Submission of Expressions of Interest is **22nd July 2013**

For full details on eligibility and any other information, please contact Kim Hayman

www.bbbs.org.uk

Charity Number 1041653



Thinking, Talking, Shaping...

THE GOODSYARD

COME AND SEE THE CONCEPT MASTERPLAN

See the first ideas for The Goodsyrd masterplan, following 'Ideas Week' in June. At these early stages it's really important to get local input, so please do come along, speak to the team and give us your feedback.

THURSDAY
18 JULY
12.00-5.30PM

FRIDAY
19 JULY
2.00-7.00PM

SATURDAY
20 JULY
11.00AM-5PM

MONDAY
22 JULY
2.00-8.00PM



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Construct your Career

Construction is an industry with a variety of roles and opportunities. East Thames can help get relevant on-the-job experience and accreditation through short courses and training.

WWW.EAST-THAMES.CO.UK/CONSTRUCT-YOUR-CAREER

All new for 2014

The Horticultural Trades Association has a new collection of plants that will feature in the 2014 calendar.

WWW.THE-HTA.ORG.UK

Property

A summer of colourful blooms with dahlia

Plant of the Month from the Horticultural Trades Association

DAHLIAS are one of the longest flowering plants, starting in the summer months and carrying on until the autumn frosts.

It provides a long season of garden colour in late summer as other flowering plants begin to fade, and can be grown in both beds and patio pots if space is limited.

The dahlia has an interesting history. The first tubers arrived in Europe at the end of the 18th century, sent over to Madrid by Spanish settlers in Mexico. Andreas Dahl, after whom the plant is named, regarded it as a vegetable rather than a garden flower.

Today it is the large, decorative and cactus flowered cultivars – such as Dahlia Karma Fuchsiana, pictured above – which capture the gardening public's imagination.

The plants range from the dwarf bedding types to the giant cactus flowered heads of magnificent flowers which

adorn gardens in the late summer and early autumn. Some flower heads can be as small as 25mm and others can be the size of dinner plates.

A rockery of dwarf cultivars can be an interesting alternative to extend the season.

They can also be grown as cut flowers and often feature on the show benches at local horticultural society shows.

Dahlias can be added to a mixed border alongside herbaceous perennials such as phlox, monarda, aster and sedum.

If you have the space to dedicate to a border of just dahlia, then they can be displayed in their full glory.

Dahlia will thrive in a well drained loam, with plenty of sunlight. Staking will be beneficial for the taller growing types and good mulch will not go amiss in preventing weeds and preserving moisture.

They can tolerate a little shade but do best in a well prepared border. Keep an eye out for slugs and snails when you first plant them out after all danger of frost has passed.



Construction course to help build a new career

BY JESSICA ODUBAYO

A FREE construction taster course for unemployed residents came to a close with a graduation ceremony in the City of London.

The 13-week Construct your Career course, run by housing provider East Thames with the council and the Building Crafts College, provides skills, on-the-job experience and qualifications to start a career in construction.

Teaching takes place at the Building Crafts College in Stratford, while East Thames provides funding for travel expenses and lunch and offers support and advice after people have completed the course.

They will have the chance to use East Thames' Route to Work programme to find work experience and receive career guidance.

Mary Thomas received this year's award for outstanding achievement after excelling on the programme and gaining more confidence.

"I really enjoyed the course. I used to work as a carer for my mum, but I love painting and using my hands, so I joined the course to learn new skills.



Mary Thomas (left) receiving her award from Sharna Rolle, construction project co-ordinator

"I now want to work as a painter or decorator and I'm going to apply for work experience now I have one foot in the door," Mary said.

So far, 31 of the 40 people who took part in the programme in the first two years have found employment.

John Bryson, employment and inclusion manager at East Thames, said: "The Construct your Career programme has been a huge success so far and it's been life changing for

many of the people who have taken part.

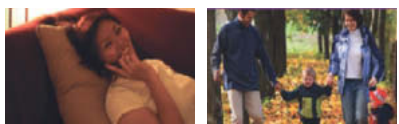
"It enables us to combine our knowledge and contacts within the construction industry with the expertise of our partners to ensure we are creating sustainable local employment opportunities."

Mayor Lutfur Rahman said: "Providing more homes and helping residents into employment are two of my top priorities so it's fantastic that this project is doing both."

I want to work as a painter or decorator. I'm going to apply for work experience now I have one foot in the door."

Mary Thomas

- 3/5 years Leasing option
- No void period
- No Management fee



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 <p>OVER 50's Accessible Category F MOODY STREET, E1</p> <p>Flat • 1 Bed 2 Person • 2nd floor • Separate kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • No garden • Pets permitted</p> <p>Eligibility : Min Client Age 50</p> <p>£108.35, Weekly - Social Rent Landlord: Tower Hamlets Council</p> <p>Property Ref: 27418</p>	 <p>OVER 50's Accessible Category F HAVANNAH STREET, E14</p> <p>Flat • 1 Bed 2 Person • 1st floor • Separate kitchen • No Lift • Bathroom with W/C • GCH • No garden • Pets not permitted</p> <p>Eligibility : Min Client Age 50</p> <p>£121.96, Weekly - Social Rent Landlord: One Housing Group</p> <p>Property Ref: 27412</p>	 <p>BEDSIT SELF-CONTAINED FLAT Accessible Category E BOISSEAU HOUSE, STEPNEY WAY, E1</p> <p>Flat • 0 Bed 1 Person • Ground Floor • Separate kitchen • No Lift • Entryphone • Separate Bathroom and W/C • GCH • Private garden • Pets permitted</p> <p>£87.83, Weekly - Social Rent Landlord: Tower Hamlets Council</p> <p>Property Ref: 27367</p>	 <p>BEDSIT SELF-CONTAINED FLAT Accessible Category F SPEY STREET, E14</p> <p>Flat • 0 Bed 1 Person • 1st floor • Separate kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • No garden • Pets permitted</p> <p>£95.96, Weekly - Social Rent Landlord: Poplar HARCA</p> <p>Property Ref: 27373</p>	 <p>1 BEDROOM Accessible Category F COTTON APARTMENTS, KILLICK WAY, E1</p> <p>Flat • 1 Bed 2 Person • 2nd floor • New build • Open plan kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • Balcony • Car free home • Pets not permitted Preference to Ocean Estate Council Decant tenants</p> <p>£126.65, Weekly - Social Rent Landlord: East Thames Group</p> <p>Property Ref: 27343</p>
 <p>1 BEDROOM Accessible Category F COTTON APARTMENTS, KILLICK WAY, E1</p> <p>Flat • 1 Bed 2 Person • 3rd floor • New build • Open plan kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • Balcony • Car free home • Pets not permitted Preference to Ocean Estate Council Decant tenants</p> <p>£126.65, Weekly - Social Rent Landlord: East Thames Group</p> <p>Property Ref: 27345</p>	 <p>1 BEDROOM Accessible Category C PASTEL COURT, KILLICK WAY, E1</p> <p>Flat • 1 Bed 2 Person • 1st floor • New build • Open plan kitchen • One lift • Entryphone • Bathroom with W/C • GCH • Balcony • Car free home • Pets not permitted Preference to Ocean Estate Council Decant tenants</p> <p>£128.66, Weekly - Social Rent Landlord: East Thames Group</p> <p>Property Ref: 27328</p>	 <p>1 BEDROOM Accessible Category C PASTEL COURT, KILLICK WAY, E1</p> <p>Flat • 1 Bed 2 Person • 2nd floor • New build • Open plan kitchen • One lift • Entryphone • Bathroom with W/C • GCH • Balcony • Car free home • Pets not permitted Preference to Ocean Estate Council Decant tenants</p> <p>£128.66, Weekly - Social Rent Landlord: East Thames Group</p> <p>Property Ref: 27331</p>	 <p>1 BEDROOM Accessible Category C PASTEL COURT, KILLICK WAY, E1</p> <p>Flat • 1 Bed 2 Person • 3rd floor • New build • Open plan kitchen • One lift • Entryphone • Bathroom with W/C • GCH • Balcony • Car free home • Pets not permitted Preference to Ocean Estate Council Decant tenants</p> <p>£128.66, Weekly - Social Rent Landlord: East Thames Group</p> <p>Property Ref: 27334</p>	 <p>1 BEDROOM Accessible Category C PASTEL COURT, KILLICK WAY, E1</p> <p>Flat • 1 Bed 2 Person • 4th floor • New build • Open plan kitchen • One lift • Entryphone • Bathroom with W/C • GCH • Balcony • Car free home • Pets not permitted Preference to Ocean Estate Council Decant tenants</p> <p>£128.66, Weekly - Social Rent Landlord: East Thames Group</p> <p>Property Ref: 27337</p>
 <p>1 BEDROOM Accessible Category C PASTEL COURT, KILLICK WAY, E1</p> <p>Flat • 1 Bed 2 Person • 5th floor • New build • Open plan kitchen • One lift • Entryphone • Bathroom with W/C • GCH • Balcony • Car free home • Pets not permitted Preference to Ocean Estate Council Decant tenants</p> <p>Advert represents 2 properties £128.66, Weekly - Social Rent Landlord: East Thames Group</p> <p>Property Ref: 27338</p>	 <p>1 BEDROOM Accessible Category C SILK HOUSE, KILLICK WAY, E1</p> <p>Flat • 1 Bed 2 Person • 1st floor • New build • Open plan kitchen • One lift • Entryphone • Bathroom with W/C • GCH • Balcony • Car free home • Pets not permitted Preference to Ocean Estate Council Decant tenants</p> <p>£129.29, Weekly - Social Rent Landlord: East Thames Group</p> <p>Property Ref: 27347</p>	 <p>1 BEDROOM Accessible Category C SILK HOUSE, KILLICK WAY, E1</p> <p>Flat • 1 Bed 2 Person • 2nd floor • New build • Open plan kitchen • One lift • Entryphone • Bathroom with W/C • GCH • Balcony • Car free home • Pets not permitted Preference to Ocean Estate Council Decant tenants</p> <p>Advert represents 2 properties £129.29, Weekly - Social Rent Landlord: East Thames Group</p> <p>Property Ref: 27350</p>	 <p>1 BEDROOM Accessible Category C SILK HOUSE, KILLICK WAY, E1</p> <p>Flat • 1 Bed 2 Person • 3rd floor • New build • Open plan kitchen • One lift • Entryphone • Bathroom with W/C • GCH • Balcony • Car free home • Pets not permitted Preference to Ocean Estate Council Decant tenants</p> <p>Advert represents 2 properties £129.29, Weekly - Social Rent Landlord: East Thames Group</p> <p>Property Ref: 27356</p>	 <p>1 BEDROOM Accessible Category C SILK HOUSE, KILLICK WAY, E1</p> <p>Flat • 1 Bed 2 Person • 4th floor • New build • Open plan kitchen • One lift • Entryphone • Bathroom with W/C • GCH • Balcony • Car free home • Pets not permitted Preference to Ocean Estate Council Decant tenants</p> <p>£129.29, Weekly - Social Rent Landlord: East Thames Group</p> <p>Property Ref: 27362</p>
 <p>1 BEDROOM Accessible Category F HUGHES MANSIONS, VALLANCE ROAD, E1</p> <p>Flat • 1 Bed 2 Person • 3rd floor • Separate kitchen • Two lifts • Entryphone • Separate Bathroom and W/C • GCH • No garden • Pets permitted</p> <p>£104.37, Weekly - Social Rent Landlord: Tower Hamlets Council</p> <p>Property Ref: 27417</p>	 <p>1 BEDROOM Accessible Category F RHODESWELL ROAD, E14</p> <p>Flat • 1 Bed 2 Person • 1st floor • Separate kitchen • One lift • Entryphone • Bathroom with W/C • GCH • No garden • Pets permitted</p> <p>£119.22, Weekly - Social Rent Landlord: Tower Hamlets Council</p> <p>Property Ref: 27416</p>	 <p>1 BEDROOM Accessible Category F GODLEY VC HOUSE, DIGBY STREET, E2</p> <p>Flat • 1 Bed 2 Person • 4th floor • Separate kitchen • Two lifts • Entryphone • Bathroom with W/C • GCH • No garden • Pets permitted</p> <p>£108.57, Weekly - Social Rent Landlord: Tower Hamlets Council</p> <p>Property Ref: 27370</p>	 <p>1 BEDROOM Accessible Category F BUTLER HOUSE, BACTON STREET, E2</p> <p>Flat • 1 Bed 2 Person • 4th floor • Separate kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • No garden • Pets permitted Preference to Housing Moves applicants</p> <p>£101.49, Weekly - Social Rent Landlord: Tower Hamlets Council</p> <p>Property Ref: 27413</p>	 <p>1 BEDROOM Accessible Category F PELTER STREET, E2</p> <p>Flat • 1 Bed 2 Person • 1st floor • Separate kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • No garden • Pets permitted</p> <p>£110.17, Weekly - Social Rent Landlord: Tower Hamlets Council</p> <p>Property Ref: 27372</p>
 <p>1 BEDROOM Accessible Category E JAMES HAMMETT HOUSE, RAVENSCROFT STREET, E2</p> <p>Flat • 1 Bed 2 Person • 8th floor • Separate kitchen • Two lifts • Bathroom with W/C • GCH • No garden • Pets permitted</p> <p>£101.84, Weekly - Social Rent Landlord: Tower Hamlets Council</p> <p>Property Ref: 27376</p>	 <p>1 BEDROOM Accessible Category F COLVILLE HOUSE, WATERLOO GARDENS, E2</p> <p>Flat • 1 Bed 2 Person • 1st floor • Separate kitchen • Two lifts • Entryphone • Separate Bathroom and W/C • GCH • No garden • Pets permitted</p> <p>£107.90, Weekly - Social Rent Landlord: Tower Hamlets Council</p> <p>Property Ref: 27415</p>	 <p>1 BEDROOM Accessible Category C SAMPHIRE HEIGHTS, NAPA CLOSE, E20</p> <p>Flat • 1 Bed 2 Person • 3rd floor • New build • Open plan kitchen • Two lifts • Entryphone • Bathroom with W/C • Electric under floor system • Balcony • Check parking on viewing • Pets not permitted . Limited parking . In LB Newham (Olympic site)</p> <p>£142.54, Weekly - Social Rent Landlord: Triathlon Homes</p> <p>Property Ref: 27366</p>	 <p>1 BEDROOM Accessible Category C MEANDER HOUSE, LOGAN CLOSE, E20</p> <p>Flat • 1 Bed 2 Person • 3rd floor • New build • Open plan kitchen • Two lifts • Entryphone • Bathroom with W/C • Electric under floor system • Balcony • Check parking on viewing • Pets not permitted . Limited parking . In LB Newham (Olympic site)</p> <p>£142.54, Weekly - Social Rent Landlord: Triathlon Homes</p> <p>Property Ref: 27364</p>	 <p>1 BEDROOM Accessible Category C ZELLER HOUSE, SCARLET CLOSE, E20</p> <p>Flat • 1 Bed 2 Person • 4th floor • New build • Open plan kitchen • Two lifts • Entryphone • Bathroom with W/C • Electric under floor system • Balcony • Check parking on viewing • Pets not permitted . Limited parking . In LB Newham (Olympic site)</p> <p>£142.54, Weekly - Social Rent Landlord: Triathlon Homes</p> <p>Property Ref: 27363</p>



1 BEDROOM
Accessible Category F
FAIRLIE COURT, STROUDLEY WALK, E3
Flat • 1 Bed 2 Person • 1st floor • Separate kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • Private garden • Pets permitted • Balcony

£140.45, Weekly - Social Rent
Landlord: Poplar HARCA

Property Ref: 27408



1 BEDROOM
Accessible Category F
ENNERDALE HOUSE, HAMLETS WAY, E3
Flat • 1 Bed 2 Person • 11th floor • Separate kitchen • One lift • Entryphone • Bathroom with W/C • GCH • No garden • Pets not permitted

£112.46, Weekly - Social Rent
Landlord: EastendHomes

Property Ref: 27326



2 BEDROOMS
Accessible Category C
POTTER HOUSE, BEAUFORT GARDENS, E1
Flat • 2 Bed 3 Person • 1st floor • New build • Open plan kitchen • One lift • Entryphone • Bathroom with W/C • GCH • Balcony • Car free home • Pets not permitted
Preference to Ocean Estate Council
Decant tenants

Advert represents 3 properties
£148.89, Weekly - Social Rent
Landlord: East Thames Group

Property Ref: 27381



2 BEDROOMS
Accessible Category C
POTTER HOUSE, BEAUFORT GARDENS, E1
Flat • 2 Bed 3 Person • 2nd floor • New build • Open plan kitchen • One lift • Entryphone • Bathroom with W/C • GCH • Balcony • Car free home • Pets not permitted
Preference to Ocean Estate Council
Decant tenants

Advert represents 5 properties
£148.89, Weekly - Social Rent
Landlord: East Thames Group

Property Ref: 27384



2 BEDROOMS
Accessible Category C
POTTER HOUSE, BEAUFORT GARDENS, E1
Flat • 2 Bed 3 Person • 3rd floor • New build • Open plan kitchen • One lift • Entryphone • Bathroom with W/C • GCH • Balcony • Car free home • Pets not permitted
Preference to Ocean Estate Council
Decant tenants

Advert represents 5 properties
£148.89, Weekly - Social Rent
Landlord: East Thames Group

Property Ref: 27389



2 BEDROOMS
Accessible Category C
POTTER HOUSE, BEAUFORT GARDENS, E1
Flat • 2 Bed 3 Person • 4th floor • New build • Open plan kitchen • One lift • Entryphone • Bathroom with W/C • GCH • Balcony • Car free home • Pets not permitted
Preference to Ocean Estate Council
Decant tenants

Advert represents 3 properties
£148.89, Weekly - Social Rent
Landlord: East Thames Group

Property Ref: 27394



2 BEDROOMS
Accessible Category C
POTTER HOUSE, BEAUFORT GARDENS, E1
Flat • 2 Bed 3 Person • 5th floor • New build • Open plan kitchen • One lift • Entryphone • Bathroom with W/C • GCH • Balcony • Car free home • Pets not permitted
Preference to Ocean Estate Council
Decant tenants

Advert represents 3 properties
£148.89, Weekly - Social Rent
Landlord: East Thames Group

Property Ref: 27397



2 BEDROOMS
Accessible Category F
COTTON APARTMENTS, KILLICK WAY, E1
Flat • 2 Bed 3 Person • 2nd floor • New build • Open plan kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • Balcony • Car free home • Pets not permitted
Preference to Ocean Estate Council
Decant tenants

£145.96, Weekly - Social Rent
Landlord: East Thames Group

Property Ref: 27342



2 BEDROOMS
Accessible Category F
COTTON APARTMENTS, KILLICK WAY, E1
Flat • 2 Bed 3 Person • 3rd floor • New build • Open plan kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • Balcony • Car free home • Pets not permitted
Preference to Ocean Estate Council
Decant tenants

£145.96, Weekly - Social Rent
Landlord: East Thames Group

Property Ref: 27344



2 BEDROOMS
Accessible Category C
PASTEL COURT, KILLICK WAY, E1
Flat • 2 Bed 3 Person • Ground Floor • New build • Open plan kitchen • One lift • Entryphone • Bathroom with W/C • GCH • Private garden • Car free home • Pets not permitted
Preference to Ocean Estate Council
Decant tenants

£149.81, Weekly - Social Rent
Landlord: East Thames Group

Property Ref: 27327



2 BEDROOMS
Accessible Category C
PASTEL COURT, KILLICK WAY, E1
Flat • 2 Bed 3 Person • 1st floor • New build • Open plan kitchen • One lift • Entryphone • Bathroom with W/C • GCH • Balcony • Car free home • Pets not permitted
Preference to Ocean Estate Council
Decant tenants

£148.89, Weekly - Social Rent
Landlord: East Thames Group

Property Ref: 27329



2 BEDROOMS
Accessible Category C
PASTEL COURT, KILLICK WAY, E1
Flat • 2 Bed 3 Person • 2nd floor • New build • Open plan kitchen • One lift • Entryphone • Bathroom with W/C • GCH • Balcony • Car free home • Pets not permitted
Preference to Ocean Estate Council
Decant tenants

Advert represents 2 properties
£148.89, Weekly - Social Rent
Landlord: East Thames Group

Property Ref: 27330



2 BEDROOMS
Accessible Category C
PASTEL COURT, KILLICK WAY, E1
Flat • 2 Bed 3 Person • 3rd floor • New build • Open plan kitchen • One lift • Entryphone • Bathroom with W/C • GCH • Balcony • Car free home • Pets not permitted
Preference to Ocean Estate Council
Decant tenants

£148.89, Weekly - Social Rent
Landlord: East Thames Group

Property Ref: 27333



2 BEDROOMS
Accessible Category C
PASTEL COURT, KILLICK WAY, E1
Flat • 2 Bed 3 Person • 4th floor • New build • Open plan kitchen • One lift • Entryphone • Bathroom with W/C • GCH • Balcony • Car free home • Pets not permitted
Preference to Ocean Estate Council
Decant tenants

Advert represents 2 properties
£148.89, Weekly - Social Rent
Landlord: East Thames Group

Property Ref: 27335



2 BEDROOMS
Accessible Category C
PASTEL COURT, KILLICK WAY, E1
Flat • 2 Bed 3 Person • 5th floor • New build • Open plan kitchen • One lift • Entryphone • Bathroom with W/C • GCH • Balcony • Car free home • Pets not permitted
Preference to Ocean Estate Council
Decant tenants

£148.89, Weekly - Social Rent
Landlord: East Thames Group

Property Ref: 27339



2 BEDROOMS
Accessible Category C
PASTEL COURT, KILLICK WAY, E1
Flat • 2 Bed 3 Person • 5th floor • New build • Open plan kitchen • One lift • Entryphone • Bathroom with W/C • GCH • Balcony • Car free home • Pets not permitted
Preference to Ocean Estate Council
Decant tenants

£148.89, Weekly - Social Rent
Landlord: East Thames Group

Property Ref: 27340



2 BEDROOMS
Accessible Category C
SILK HOUSE, KILLICK WAY, E1
Flat • 2 Bed 3 Person • 1st floor • New build • Open plan kitchen • One lift • Entryphone • Bathroom with W/C • GCH • No garden • Car free home • Pets not permitted
Preference to Ocean Estate Council
Decant tenants

Advert represents 2 properties
£149.73, Weekly - Social Rent
Landlord: East Thames Group

Property Ref: 27346



2 BEDROOMS
Accessible Category C
SILK HOUSE, KILLICK WAY, E1
Flat • 2 Bed 3 Person • 2nd floor • New build • Open plan kitchen • One lift • Entryphone • Bathroom with W/C • GCH • Balcony • Car free home • Pets not permitted
Preference to Ocean Estate Council
Decant tenants

Advert represents 4 properties
£150.21, Weekly - Social Rent
Landlord: East Thames Group

Property Ref: 27349



2 BEDROOMS
Accessible Category C
SILK HOUSE, KILLICK WAY, E1
Flat • 2 Bed 3 Person • 3rd floor • New build • Open plan kitchen • One lift • Entryphone • Bathroom with W/C • GCH • Balcony • Car free home • Pets not permitted
Preference to Ocean Estate Council
Decant tenants

Advert represents 4 properties
£150.21, Weekly - Social Rent
Landlord: East Thames Group

Property Ref: 27355



2 BEDROOMS
Accessible Category C
SILK HOUSE, KILLICK WAY, E1
Flat • 2 Bed 3 Person • 4th floor • New build • Open plan kitchen • One lift • Entryphone • Bathroom with W/C • GCH • Balcony • Car free home • Pets not permitted
Preference to Ocean Estate Council
Decant tenants

£150.21, Weekly - Social Rent
Landlord: East Thames Group

Property Ref: 27361



2 BEDROOMS
Accessible Category G
STEPNEY GREEN COURT BLOCK C, STEPNEY GREEN, E1
Flat • 2 Bed 4 Person • 3rd floor • Separate kitchen • One lift • Entryphone • Bathroom with W/C • GCH • No garden • Pets not permitted
Preference to Housing Moves applicants

£120.75, Weekly - Social Rent
Landlord: Industrial Dwellings Society

Property Ref: 27375



2 BEDROOMS
Accessible Category F
JOHN PRITCHARD HOUSE, BUXTON STREET, E1
Flat • 2 Bed 4 Person • 2nd floor • Separate kitchen • One lift • Entryphone • Separate Bathroom and W/C • GCH • No garden • Pets permitted

£118.19, Weekly - Social Rent
Landlord: Tower Hamlets Council

Property Ref: 27405



2 BEDROOMS
Accessible Category G
PAULINE HOUSE, OLD MONTAGUE STREET, E1
Flat • 2 Bed 4 Person • 6th floor • Separate kitchen • One lift • Entryphone • Separate Bathroom and W/C • GCH • No garden • Pets permitted • Concierge/CCTV

£134.37, Weekly - Social Rent
Landlord: Tower Hamlets Council

Property Ref: 27406



2 BEDROOMS
Accessible Category F
WOOSTER GARDENS, E14
House • 2 Bed 4 Person • Ground Floor • Separate kitchen • No Lift • Bathroom with W/C and Additional W/C • GCH • Private garden • Pets permitted

£146.00, Weekly - Social Rent
Landlord: Poplar HARCA

Property Ref: 27401



2 BEDROOMS
Accessible Category D
UPPER NORTH STREET, E14
Flat • 2 Bed 4 Person • 1st floor • Open plan kitchen • Two lifts • Entryphone • Bathroom with W/C • GCH • Balcony • Pets not permitted

£123.60, Weekly - Social Rent
Landlord: Southwark & London Diocesan HA

Property Ref: 27374



2 BEDROOMS
Accessible Category G
SPEY STREET, E14

Maisonette • 2 Bed 4 Person • Ground Floor • Separate kitchen • No Lift • Entryphone • Separate Bathroom and W/C • GCH • Private garden • Pets permitted

£135.10, Weekly - Social Rent
Landlord: Poplar HARCA

Property Ref: 27421



2 BEDROOMS
Accessible Category F
NEWCOURT HOUSE, POTT STREET, E2

Flat • 2 Bed 4 Person • Ground Floor • Separate kitchen • No Lift • Entryphone • Separate Bathroom and W/C • GCH • No garden • Pets permitted

£117.52, Weekly - Social Rent
Landlord: Tower Hamlets Council

Property Ref: 27424



2 BEDROOMS
Accessible Category F
WHITMAN HOUSE, CORNWALL AVENUE, E2

Maisonette • 2 Bed 4 Person • 2nd floor • Separate kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • No garden • Pets permitted

£126.72, Weekly - Social Rent
Landlord: Tower Hamlets Council

Property Ref: 27371



2 BEDROOMS
Accessible Category G
ROGERS ESTATE, GLOBE ROAD, E2

Flat • 2 Bed 4 Person • 4th floor • Separate kitchen • One lift • Entryphone • Bathroom with W/C • GCH • No garden • Pets permitted

£124.10, Weekly - Social Rent
Landlord: Tower Hamlets Council

Property Ref: 27425



2 BEDROOMS
Accessible Category F
OFFENBACH HOUSE, MACE STREET, E2

Flat • 2 Bed 4 Person • 6th floor • Separate kitchen • One lift • Entryphone • Bathroom with W/C • GCH • No garden • Pets permitted

£116.14, Weekly - Social Rent
Landlord: Tower Hamlets Council

Property Ref: 27403



2 BEDROOMS
Accessible Category E
MODLING HOUSE, MACE STREET, E2

Flat • 2 Bed 4 Person • 7th floor • Separate kitchen • One lift • Entryphone • Bathroom with W/C • GCH • No garden • Pets permitted

£119.53, Weekly - Social Rent
Landlord: Tower Hamlets Council

Property Ref: 27402



2 BEDROOMS
Accessible Category F
JOHN CARTWRIGHT HOUSE, OLD BETHNAL GREEN ROAD, E2

Maisonette • 2 Bed 4 Person • 2nd floor • Kitchen diner • No Lift • Entryphone • Separate Bathroom and W/C • GCH • No garden • Pets not permitted

£141.21, Weekly - Social Rent
Landlord: Tower Hamlets Community Housing

Property Ref: 27409



2 BEDROOMS
Accessible Category F
PONSONBY HOUSE, BISHOPS WAY, E2

Flat • 2 Bed 4 Person • 3rd floor • Separate kitchen • One lift • Entryphone • Separate Bathroom and W/C • GCH • No garden • Pets permitted

£115.26, Weekly - Social Rent
Landlord: Tower Hamlets Council

Property Ref: 27377



2 BEDROOMS
Accessible Category C
LUCIA HEIGHTS, LOGAN CLOSE, E20

Flat • 2 Bed 3 Person • 2nd floor • New build • Open plan kitchen • Two lifts • Entryphone • Bathroom with W/C • Electric under floor system • Balcony • Check parking on viewing • Pets not permitted . Limited parking . In LB Newham (Olympic site)

£162.64, Weekly - Social Rent
Landlord: Triathlon Homes

Property Ref: 27365



2 BEDROOMS
Accessible Category F
HOWCROFT HOUSE, BENWORTH STREET, E3

Maisonette • 2 Bed 4 Person • 4th floor • Separate kitchen • One lift • Entryphone • Separate Bathroom and W/C • GCH • No garden • Pets permitted

£120.45, Weekly - Social Rent
Landlord: Tower Hamlets Council

Property Ref: 27419



2 BEDROOMS
Accessible Category F
COLUMBIA HOUSE, HAMLETS WAY, E3

Maisonette • 2 Bed 4 Person • Ground Floor • Separate kitchen • No Lift • Separate Bathroom and W/C • GCH • No garden • Pets permitted with permission

£130.53, Weekly - Social Rent
Landlord: EastendHomes

Property Ref: 27404



2 BEDROOMS
Accessible Category F
BERKELEY HOUSE, WELLINGTON WAY, E3

Flat • 2 Bed 4 Person • 11th floor • Separate kitchen • One lift • Entryphone • Separate Bathroom and W/C • Electric storage heater • No garden • Pets permitted with permission . Children must be 10 years and over

£137.14, Weekly - Social Rent
Landlord: EastendHomes

Property Ref: 27379



2 BEDROOMS
Accessible Category F
BERKELEY HOUSE, WELLINGTON WAY, E3

Flat • 2 Bed 4 Person • 6th floor • Separate kitchen • One lift • Entryphone • Separate Bathroom and W/C • Electric storage heater • No garden • Pets permitted with permission . Children must be 10 years and over

£137.14, Weekly - Social Rent
Landlord: EastendHomes

Property Ref: 27410



2 BEDROOMS
Accessible Category F
GRAFTON HOUSE, WELLINGTON WAY, E3

Flat • 2 Bed 4 Person • 6th floor • Separate kitchen • One lift • Entryphone • Separate Bathroom and W/C • Electric storage heater • No garden • Pets permitted with permission . Children must be 10 years and over

£136.39, Weekly - Social Rent
Landlord: EastendHomes

Property Ref: 27368



2 BEDROOMS
Accessible Category F
GRAFTON HOUSE, WELLINGTON WAY, E3

Flat • 2 Bed 4 Person • 2nd floor • Separate kitchen • One lift • Entryphone • Separate Bathroom and W/C • Electric storage heater • No garden • Pets permitted with permission . Children must be 10 years and over

£137.14, Weekly - Social Rent
Landlord: EastendHomes

Property Ref: 27369



3 BEDROOMS
Accessible Category E
DELAFIELD HOUSE, CHRISTIAN STREET, E1

Flat • 3 Bed 5 Person • 4th floor • Separate kitchen • Two lifts • Separate Bathroom and W/C • GCH • No garden • Pets permitted

£127.69, Weekly - Social Rent
Landlord: Tower Hamlets Council

Property Ref: 27411



4 BEDROOMS
Accessible Category F
NORTHESK HOUSE, TENT STREET, E1

Flat • 4 Bed 8 Person • 1st floor • Separate kitchen • No Lift • Entryphone • Wet room (walk in shower) • GCH • No garden • Pets permitted

£133.75, Weekly - Social Rent
Landlord: Tower Hamlets Council

Property Ref: 27414



4 BEDROOMS
Accessible Category F
FARRANCE STREET, E14

House • 4 Bed 6 Person • Ground Floor • Separate kitchen • No Lift • Bathroom with W/C and Additional W/C • Electric radiators • Private garden • Pets permitted

£165.87, Weekly - Social Rent
Landlord: Poplar HARCA

Property Ref: 27426



1. Internet Bidding –
Just log on to www.thhs.org.uk



2. Telephone Bidding –
Simply call 0845 270 2400

AFFORDABLE RENT PROPERTIES

Changes to Government policy mean that Housing Associations have been forced to charge higher rents on some properties. In addition not all tenancies will be tenancies for life.

Please note the rent level and length of tenancy offered on the following homes.

You are advised to check the Homeseekers website at www.thhs.org.uk for further information.



Accessible Category G
NATHANIEL CLOSE, E1

House • 2 Bed 4 Person • Ground Floor • Separate kitchen • No Lift • Bathroom with W/C • GCH • Private garden • Pets not permitted

FIXED TERM TENANCY

£213.23, Weekly - Affordable Rent
Landlord: One Housing Group

Property Ref: 27378



Accessible Category E
LOCKSLEY STREET, E14

House • 2 Bed 4 Person • Ground Floor • Separate kitchen • No Lift • Bathroom with W/C • GCH • Private garden • Off street parking • Pets not permitted

£171.27, Weekly - Affordable Rent
Landlord: Gateway Housing Association

Property Ref: 27422

Housing Demand

Demand by bedroom need and Banding as at 26/06/2013

Bedroom(s) needed	Band 1A	Band 1B	Band 2	Band 3	Band 4	Total
1 bed	759	340	1,935	6,160	966	10,160
2 bed	594	95	1,955	1,885	129	4,658
3 bed	251	126	3,892	953	76	5,298
4 bed	117	69	1,289	120	10	1,605
5 bed +	17	2	167	12	1	199
Total Current Demand	1,738	632	9,238	9,130	1,182	21,920
Total LETS 01/04/2012 to 31/03/2013	402	453	1,490	78	12	2,435

Homes Let from 01/04/2012 to 31/03/2013

Bedroom size	Band 1A	Band 1B	Band 2	Band 3	Band 4	Total
(Bedsit) 0	0	15	87	4	0	106
1	136	299	333	62	10	840
2	106	53	673	10	1	843
3	88	55	286	2	1	432
4	53	21	81	0	0	155
5	19	9	28	0	0	56
6	0	1	1	0	0	2
7	0	0	1	0	0	1
Total	402	453	1,490	78	12	2,435

Landlord and property type of homes let

Landlord	Bungalow	Flat	House	Maisonette	Total
COUNCIL	0	533	17	120	670
RSL (Registered Social Landlord)	0	1,356	131	278	1,765
Total	0	1,889	148	398	2,435

Floor level of homes let

Basement	Ground	1st	2nd to 4th	5th to 10th	11+	Grand Total
7	620	468	924	279	137	2,435

Applicants Currently Waiting (years)

The table below shows the length of time applicants are currently waiting on the Housing list. However, it is NOT an indicator of how long applicants can wait for rehousing.

Bedroom(s) required	1 bed	2 bed	3 bed	4 bed	5 bed +	Total
Up to 1 Year	2,505	1,470	969	173	21	5,138
2 Years	1,508	711	739	146	17	3,121
3 Years	1,430	536	680	169	22	2,837
4 Years	1,069	389	597	169	22	2,246
5 Years	869	274	493	122	19	1,777
6 Years	573	231	355	108	12	1,279
7 Years	544	234	341	138	15	1,272
8 Years	454	148	269	119	14	1,004
9 Years	372	153	216	93	19	853
10 Years	213	95	168	102	9	587
11 Years	139	75	124	82	5	425
12 Years +	486	340	347	184	24	1,381
Total	10,162	4,656	5,298	1,605	199	21,920

TOWER HAMLETS HOUSING LIST

INFORMATION ON HOUSING DEMAND AND LETS

The way we decide housing priority changed on the 29th October 2010. Please see the new lettings policy for details.

www.thhs.org.uk

YOUR CHANCE TO MOVE TO A NEW HOME IN THE OLYMPIC PARK

London's social housing tenants have the opportunity to live in the capital's newest neighbourhood – East Village, London E20.

Over 60 homes on the site of the Olympic athletes' village – a mix of two, three and four bed flats and townhouses - are being made available exclusively through the Mayor of London's Housing Moves scheme.

Residents of East Village will enjoy access to the largest new park in Europe: The Queen Elizabeth Olympic Park; a state of the art academy for 1,800 pupils; a new health centre and, of course, world class sports facilities with the Olympic Stadium and Velodrome just minutes away.

Properties on East Village are being advertised on the Housing Moves website. To qualify you need to be registered on the Housing Moves scheme and at least one member of the households should be in work or



training unless Household members are not of working age or all members of the household are unable to work.

Many of the homes in East Village have been designed to be wheelchair accessible or easily adaptable. If you are interested in one of these properties contact the Housing Moves team at housingmobility@london.gov.uk.

To register your interest you must be a social housing tenant holding a Secure or Assured tenancy with a participating landlord. To register your details visit www.housingmoves.org . Please be aware your application details will need to be verified and approved by your landlord before you can register your interest in these homes.

Free Refurbishment for Landlords On All 1-5 Year Guaranteed Rent Packages



- 0% Commission
- 0% Full Management
- 0% Rent Loss During Contract
- 0% For Free Property Inspection
- 0% For Free Gas, Electric & EPC Certificates

Call today for your free valuation

PRIME LAND **020 7377 5445**

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124 Whitechapel Road
London E1 1JE



T&C Applies*

Career Opportunities

All boroughs are unique. Many are vibrant and multicultural. Some have a rich historical background. Others have a modern edge. Tower Hamlets is all of these - it's got the TH buzz that's felt by those who live and work here....



A Job Worth Doing

- Are you committed to excellent customer service?
- Do you have a knowledge and love of books and lifelong learning?
- Are you looking for full-time or part-time work?

Idea Store, Tower Hamlets innovative library, learning and information service, requires Idea Store Co-ordinators to work in its Idea Stores and libraries. You will be a key member of a front-line team, and be required to:

- welcome and greet customers to ensure an excellent visitor experience;
- offer advice and guidance to customers of all ages, including children.

You will need good literacy, numeracy and computing skills and be able to communicate clearly and effectively in person and by phone. Working hours include evenings and weekends.



For more information about Idea Store, please visit <http://www.ideastore.co.uk/>.

To apply online, please visit <http://www.towerhamlets.gov.uk/careers>. The vacancy reference is **CLC00433**.

The recruitment process will include a literacy test, an interview and a work placement session. The entire process will take place between 19 August and

30 September 2013, and successful candidates will be expected to start working on 11 November 2013.

Closing date: 29 July 2013.

We are committed to safeguarding and promoting the welfare of children and vulnerable people and expect all candidates to share this commitment. Therefore, a DBS enhanced disclosure that is satisfactory to us will be a condition of appointment for all successful candidates.

www.towerhamlets.gov.uk/careers

We shall ensure fairness and equal opportunities throughout our workforce and in service delivery. We welcome applications from suitably skilled candidates regardless of ethnicity, gender, disability, sexuality, religion or age.



Career Opportunities

All boroughs are unique. Many are vibrant and multicultural. Some have a rich historical background. Others have a modern edge. Tower Hamlets is all of these - it's got the TH buzz that's felt by those who live and work here....



Parking Appeals and Permits Manager

Communities, Localities and Culture Directorate
Ref: CLC00444

£42,258 - £44,910
per annum

Attendance & Welfare Advisor x6

Education, Social Care and Wellbeing Directorate
Ref: ESW00106

£32,532 - £35,055
per annum

Social Worker - Recruitment & Assessment

Education, Social Care and Wellbeing Directorate
Ref: ESW00104-1

£31,152 - £40,506
per annum

Social Worker Adoption

Education, Social Care and Wellbeing Directorate
Ref: ESW00105-1

£31,152 - £40,506
per annum

Social Worker – Community Mental Health Services

Education, Social Care and Wellbeing Directorate
Ref: ESW00096

£31,152 - £40,506
per annum

For more information and to apply for these and other career opportunities, please visit the Tower Hamlets website.

Closing date: 14 July 2013

www.towerhamlets.gov.uk/careers

We shall ensure fairness and equal opportunities throughout our workforce and in service delivery. We welcome applications from suitably skilled candidates regardless of ethnicity, gender, disability, sexuality, religion or age.





**Stifford
Centre**

Become a Health Champion

Apply Now

**Closing Date:
22nd July 12 Noon**

Do you want to know
more about health
and well-being?

Do you want to
make a change to
your local
communities
health?

Do you want to gain
employability skills
and a qualification in
health?

OPEN DAYS:

Tuesday 16th of July 11am-1pm

Newby Place Health & Wellbeing Centre
21 Newby Place
London
E14 0EY

Tuesday 16th of July 3pm-6pm

Bromley by Bow Centre
St Leonard Street
London
E3 3BT

Wednesday 17th of July 11am-1pm

Stifford Centre
2-6 Cressy Place
London
E1 3JG

Thursday 18th of July 11am-1pm

Osmani Centre
58 Underwood Road
London
E1 5AW

For more information call

Nikki on 020 7790 3632

or email: n.sehmi@stifford.org.uk



Providence Row Housing Association

A place where service users and staff work together to improve lives.

Providence Row Housing Association (PRHA) provides social housing, support and specialist services. We work predominantly with single people and families who are in housing need.

User Consultancy Project Coordinator

£30,399 | 36 hours per week, 3 year fixed term contract
E2 London, includes extensive outreach work

Do you want to help bring real change to the lives of people experiencing social exclusion? If so, this innovative new role may be for you.

PRHA has received funding from the Lankelly Chase Foundation to establish a ground-breaking new service that will bring people with direct experience of severe and multiple disadvantage – 'Experts by Experience' to the forefront of consultation, service review and design – in collaboration with frontline workers.

We are seeking someone with considerable experience of project management, design and delivery of training, and the ability to creatively support people with complex needs both on an individual and group-work basis.

You will need to communicate with and be able to influence a variety of different audiences with the ability to form relationships with people traditionally seen as 'hard to engage'.

Above all, you must be innovative, creative and committed to working collaboratively with people with complex needs.

For further information and to download an application pack, please visit our website: www.prha.net

Closing date: 5pm on Friday, 19th July 2013.

We value diversity and are committed to fairness and equal opportunities in all our services and for our staff.

PRHA is a charitable housing association. HCA No: L0695.
Industrial & Provident Society No: 19322R.



To place your advert in East End Life, call...

Chris on 7364 4994

Terri on 7364 4682

Fatima on 7364 4623

Laura on 7364 0946



LONDON BOROUGH OF TOWER HAMLETS

MORPETH SCHOOL

Portman Place, E2 0PX

Sixth Form Administrative Officer

35 hours per week term time only, plus 3 weeks
Required from mid-August 2013

NJC Scale 5 £22,920 pro rata (actual monthly salary £1,642)

Morpeth School is part of Cambridge Heath Sixth Form, a popular and successful consortium of three outstanding schools in Tower Hamlets. Next year we expect to have approximately 300 sixth form students based at Morpeth studying A levels or BTECs.

We are looking for a well organised, efficient and proactive administrator to manage the systems for maintaining excellent attendance and punctuality within the Morpeth campus of the sixth form and to carry out other administrative duties.

Closing date: 3pm on Mon 15th July,
with interviews held the following week.

For further details and application form please see the school website www.morpethschool.org.uk or if necessary email einglis@morpeth.towerhamlets.sch.uk

Successful candidates will be required to abide by the school's Safeguarding Children policy and undergo an enhanced DBS check.

Tower Hamlets Somali Organisations Network, Osa and Alhuda Cultural are recruiting the following positions

Administration Officer £14,460.61 (£9,640.40 pro rata)

| 17.5 hours per week | Post duration: 18 months fixed term.

Community Engagement Coordinator £27,989.03

(£18,659.40 pro rata) | 17.5 hours per week | Duration: 18 months fixed term

Engagement Officer £25,784.40 (£17,189.60 pro rata)

| 17.5 hours per week | Duration: 18 months fixed term

Project Manager £30,284.90 (£20,189.93 pro rata) | 17.5 hours per week | Duration: 18 months fixed term

Senior Sessional Worker £14,470.94 (£9,647.29 pro rata) | 17.5 hours per week | Duration: 18 months fixed term

Sessional Worker £13,772.55 (£9,181.70 pro rata) | 17.5 hours per week

To apply, please send your curriculum vitae and cover letter to Amina Ahmed via email: amina@thson.com

For further information regarding the posts please visit www.oceansomali.org.uk

If you require more information, please contact Amina Ahmed via email.
Closing date: Monday 15th July, 5pm, 2013

Interviews are planned week commencing 16th July 2013



INTERCITY TELESALES



SALES REP AND TELESALES

PERSON required for a mailing house/printers based in e2. Applicant must have some experience in this type of industry.

CALL JOHN
020 8923 8888

CARE ASSISTANTS NEEDED

MHS is currently recruiting care assistants who can work in hospital setting and home.

- Have NVQ 2 in Health & Social Care or equivalent
- Flexible to work over a 24hr period, including weekends and public holidays all year round
- Have Right to work in the UK
- Able to read, write and speak English
- Able to speak Sylheti is a must

Mature & Committed applicants only. Training will be provided.

Apply by emailing your CV to hr@majlishcare.co.uk or download application form and Job Description from www.majlishcare.co.uk

MHS is an Equal Opportunity Employer.

Public notices

NOTICE OF APPLICATION FOR PREMISES TO BE APPROVED AS A VENUE FOR MARRIAGES UNDER SECTION 26(1)(BB) OF THE MARRIAGE ACT 1949 AND CIVIL PARTNERSHIPS UNDER SECTION 6 (3A)(A) OF THE CIVIL PARTNERSHIP ACT 2004.

I Catherine C. Sutton, Head of Registration and Citizenship Services and being the proprietor of The Vestry, Bromley Public Hall, Bow Road, London, E3 3AA ("the premises") give notice that I have applied to the Proper Officer of the London Borough of Tower Hamlets for approval under the above Act as premises where civil ceremonies may take place.

Any person wishing to inspect the application and plans of the premises may do so at The Register Office, Bromley Public Hall, Bow Road, London E3 3AA Monday to Friday 9.30am to 11.30am or 1.30pm to 4.30pm.

Any person wishing to object to the grant of approval may do so in writing, with reasons for the objection, within twenty-one days of the date of publication of the notice. Objections should be sent to the Proper Officer at the above address.

**CATHERINE C. SUTTON,
HEAD OF REGISTRATION
AND CITIZENSHIP SERVICES**

**LONDON BOROUGH OF
TOWER HAMLETS**

LICENCING ACT 2003

NOTICE OF APPLICATION FOR A PREMISES LICENCE

NOTICE IS GIVEN THAT Spice Rack London Limited has applied to the London Borough of Tower Hamlets Licensing Authority for a Premises Licence under the Licensing Act 2003.

Premises: 166 Mile End Road, London E1 4LJ.

The licensable activities and timings are: Late night refreshments Sunday to Wednesday 11.00am to 00.30am; and, Thursday to Saturday 11.00am to 01.00am.

Anyone who wishes to make representations regarding this application must give notice in writing to: The Licensing Section, London Borough of Tower Hamlets, Mulberry Place (AH), PO Box 55739, 5 Clove Crescent, London E14 1BY. Website: www.towerhamlets.gov.uk. Tel: 020 7364 5008.

Representations must be received no later than 25 July 2013.

The Application Record and register may be viewed between 10am and 4pm Monday to Friday during normal office hours at the above address.

It is an offence under Section 158 of the Licensing Act 2003, knowingly or recklessly to make a false statement in connection with an application and the maximum fine for which a person is liable on summary conviction for the offence is up to level 5 on the standard scale (£5000).

LONDON BOROUGH OF TOWER HAMLETS

PLANNING (LISTED BUILDINGS AND CONSERVATION AREAS) ACT 1990, SECTIONS 10, 67 AND 73

APPLICATIONS FOR LISTED BUILDING CONSENT AND APPLICATIONS FOR DEVELOPMENT WHICH WOULD IN THE OPINION OF THE LOCAL PLANNING AUTHORITY AFFECT THE CHARACTER OR APPEARANCE OF AN AREA DESIGNATED AS A CONSERVATION AREA OR WOULD AFFECT THE SETTING OF A LISTED BUILDING.

NOTICE IS HEREBY GIVEN THAT THE LONDON BOROUGH OF TOWER HAMLETS IS CONSIDERING THE FOLLOWING APPLICATIONS:

Sceptre Court, 40 Tower Hill, EC3 **PA/13/1450/SHT**
Temporary change of use of Sceptre Court from Offices (Class B1) to Higher Education use (Class D1) for a period of 15 years.

East India Dock Rd & Lawless St, 170 **PA/13/1441/& 13/1432/RLA**
East India Dock Rd E14

Internal and external alterations and refurbishment to Poplar Baths building including demolition of chimney and associated ancillary works. (A Major Application has been submitted with this application).

TOW2002, Prestons Road E14 **PA/13/1444/AHO**
Proposed telecommunications apparatus comprising: UK Broadband streetworks pole (12 metres high) on root foundation; UK broadband small equipment cabinet and electrical meter pillar on root on concrete base.

429 Roman Road, E3 **PA/13/1392/SHA**
Proposed change of use to rear of 429 Roman Road from A2 Office use and subdivide existing office into part A2 use and part Sui Generis (Cab Office call centre)

Unit 404, Metropolitan Wharf Building, **PA/13/1125/SHT**
70 Wapping Wall, E1
Installation of glazed screen between the existing columns to form a boardroom on the fourth floor

St Johns Wharf, 104-106 Wapping High Street, London **PA/13/1380/MCH**
Proposed to paint 'St Johns Wharf' to the river side elevation of the scheme as detailed in the supporting documentation.

245 Mile End Road, London, E1 4BJ **PA/13/1413 & 1414/PLA**
Demolition of a single storey retail building to facilitate construction of 4 storey building comprising of ground floor retail and three self contained flats above (2 x 2 bedroom and 1 x 1 bedroom).

The following are householder applications and in the event of an appeal against a refusal of planning permission, which is to be dealt with on the basis of representations in writing, any representations made about these applications will be sent to the secretary of state, and there will be no further opportunity to comment at appeal stage.

Flat 4, William Fenn House, Shipton Street, **PA/13/1422/MCH**
London, E2 7RX
Converting rear window into door/window with entry to communal garden

Flat 4, Gate House, 262 Westferry Road, **PA/13/1100/FDA**
London, E14 3AG
Replacement of a single glazed wooden framed casement window with a double glazed wooden casement window in an existing Dormer unit. Located on the third floor of a Grade II listed conversion.

16 Maritime Street, E3 **PA/13/1426/GMA**
Replacement sash windows to front of property

697 Commercial Road, E14 **PA/13/1334/KCO**
Additional storey over part of the 1st floor to provide a third bedroom and shower.

57 Tredegar Square E3 **PA/13/1465/ & 13/1466/BEE**
Proposal to add one conservation style roof light to the front roof and one to the rear roof.

57 Tredegar Square E3 **PA/13/1454 & 13/1453/BEE**
Side return extension and interior remodelling

Copies of the applications and plans may be inspected between the hours of 9am-5pm, Monday to Friday at the Planning Department, Mulberry Place, Clove Crescent, London, E14 2BG. The information will also be available on the Council's web site at www.towerhamlets.gov.uk. If you respond by email, please tell us your postal address.

Any person who wishes to make representations relating to any of these applications should do so, in writing, within a period of 21 days from the date of publication of this notice to the Development Control Manager at the above address.

Dated: 8th July 2013

OWEN WHALLEY
HEAD OF PLANNING AND BUILDING CONTROL



It could affect YOU!

You should always take note of a public notice. It is a legal notice to inform the public of a change that could affect them short term or on a permanent basis. It could be anything from a change to a building to the construction of a building. It could be a notice of insolvency of a company you have dealings with or the closure of a footpath you regularly use.

TAKE NOTICE OF PUBLIC NOTICES!



LONDON BOROUGH OF TOWER HAMLETS

TOWN & COUNTRY PLANNING ACT 1990

MAJOR APPLICATIONS UNDER ARTICLE 13(4) OF THE TOWN AND COUNTRY PLANNING (DEVELOPMENT MANAGEMENT PROCEDURE) ORDER 2010 AND OTHER SIGNIFICANT APPLICATIONS.

NOTICE IS HEREBY GIVEN THAT THE LONDON BOROUGH OF TOWER HAMLETS IS CONSIDERING THE FOLLOWING APPLICATIONS:

East India Dock Road & Lawless St, 170 **PA/13/1432/& 13/1441/PLA**
East India Dock Rd E14

Demolition of existing garages and ball court, erection of 10 storey residential block to provide 60 affordable housing units along with external alterations and refurbishment to Poplar Baths building including the demolition of chimney and associated ancillary works to provide indoor wet and dry sports and leisure facilities, roof top games area, plus ancillary landscaping and vehicular parking.

Dame Colet & Haileybury Centre, Ben Jonson Rd E1 **PA/13/1433/PLA**
Demolition of Dame Colet House and Haileybury Centre and erection of a four storey residential block to provide 40 affordable housing units together with the erection of a three storey youth, sport and community centre building together with landscaping, car parking and other ancillary works.

Copies of the applications and plans may be inspected between the hours of 9am-5pm, Monday to Friday at the Planning Department, Mulberry Place, Clove Crescent, London, E14 2BG. The information will also be available on the Council's web site at www.towerhamlets.gov.uk. If you respond by email, please tell us your postal address.

Any person who wishes to make representations relating to any of these applications should do so, in writing, within a period of 14 days from the date of publication of this notice to the Development Control Manager at the above address.

Dated 8th July 2013

OWEN WHALLEY
HEAD OF PLANNING & BUILDING CONTROL



Public notices

LONDON BOROUGH OF TOWER HAMLETS

LICENSING ACT 2003

NOTICE OF APPLICATION FOR A PREMISES LICENCE

NOTICE IS GIVEN THAT Ben Al-lali has applied to London Borough of Tower Hamlets Licensing Authority for a Premises Licence under the Licensing Act 2003.

Premises: First Floor, 26 Ferry Street, London E14 3DT. The licensable activities and timings are: The sale or supply of alcohol & recorded music from 1100 to 2300 Monday to Sunday, in dining areas only.

Anyone who wishes to make representations regarding this application must give notice in writing to: The Licensing Section, London Borough of Tower Hamlets, Mulberry Place (AH), PO Box 55739, 5 Clove Crescent, London E14 1BY

Website: www.towerhamlets.gov.uk Tel: 020 7364 5008

Representations must be received no later than 29/07/2013

The Application Record and Register may be viewed between 10am and 4pm Monday to Friday during normal office hours at the above address.

It is an offence under Section 158 of the Licensing Act 2003, knowingly or recklessly to make a false statement in connection with an application and the maximum fine for which a person is liable on summary conviction for the offence is up to Level 5 on the standard scale (£5000)

PUBLIC NOTICE

THE LONDON BOROUGH OF TOWER HAMLETS

ROAD TRAFFIC REGULATION ACT 1984 - SECTION 14 (1)

TEMPORARY PROHIBITION OF TRAFFIC – STEELS LANE E1

NOTICE IS HEREBY GIVEN, that the Council of the London Borough of Tower Hamlets made an Order, which will prohibit vehicular traffic from entering, stopping or proceeding in the length of carriageway in Steels Lane for a distance of approximately 20 metres between its junction with Hardinge Street and its junction with Devonport Street.

The restriction on vehicular traffic will enable essential works to be carried out on the public highway by Laing O'Rourke.

The alternative route will be via Devonport Street, Commercial Road and Hardinge Street and vice versa.

The restriction on vehicular traf-

fic will operate from Monday 15th July 2013 until the end of July 2013 and at times when temporary traffic signs are placed on the public highway pursuant to The Traffic Signs Regulations and General Directions 2002. The works are programmed for completion on Friday 19th July 2013.

Please refer any queries regarding the above traffic restriction to Mick Jameson, Street Works Liaison Officer, Transport and Highways on 020 7364 6717 or email, mick.jameson@towerhamlets.gov.uk

Dated: 8th July 2013

**JAMIE BLAKE
SERVICE HEAD
PUBLIC REALM
ANCHORAGE HOUSE
2 CLOVE CRESCENT
LONDON E14 2BE**

PUBLIC NOTICE

THE LONDON BOROUGH OF TOWER HAMLETS

ROAD TRAFFIC REGULATION ACT 1984 - SECTION 6

THE TOWER HAMLETS (PRESCRIBED ROUTE) (NO.2) TRAFFIC ORDER 2013

("LOVEBOX CONCERT" VICTORIA PARK) ORDER 2013

NOTICE IS HEREBY GIVEN that the Council of the London Borough of Tower Hamlets, with the agreement of the London Borough of Hackney, made the above-mentioned Order under Section 6 of the Road Traffic Regulation Act 1984 (as amended by Special Events Act 1994). The effect of the Order will be to prohibit vehicular traffic from proceeding in:

- Grove Road between its junction with Wetherell Road and its junction with Old Ford Road.
- Old Ford Road between its junction with Bonner Street and its junction with St. Stephen's Road.
- Grove Road between its junction with Old Ford Road and its junction with Roman Road.
- Lauriston Road between its junction with Victoria Park Road and its junction with Wetherell Road.
- Aberavon Road and Rhondda Grove, at their junctions with Mile End Road.
- Maplin Street, between its junction with Wentworth Mews and its junction with Mile End Road.

The restriction on vehicular traffic will enable the "LOVEBOX CONCERT" to take place in Victoria Park. Access will be provided for Police, Fire and Ambulance

vehicles in an emergency or access may also be provided with the permission of a Police Officer in uniform.

The Order will operate on Friday 19th July, Saturday 20th July 2013 from 21:30 hours until 23:59 hours except for Sunday 21st July 2013 from 20:30 hours until 23:30 hours when temporary traffic signs and cones are placed on the public highway.

If you require any further details please contact Catherine Boyd, Festival and Events Officer on 0207 364 7909 or e-mail catherine.boyd@towerhamlets.gov.uk

Dated: 8th July 2013

**JAMIE BLAKE
SERVICE HEAD
PUBLIC REALM
ANCHORAGE HOUSE
2 CLOVE CRESCENT
LONDON E14 2BE**

PUBLIC NOTICE

THE LONDON BOROUGH OF TOWER HAMLETS

ROAD TRAFFIC REGULATION ACT 1984 - SECTION 23

PROPOSED PEDESTRIAN CROSSING DEVAS STREET E3

The Council of the London Borough of Tower Hamlets is considering a proposal to provide a Zebra Crossing in Devas Street, approximately eighty-two metres north-east of the junction of Empson Street and Devons Road.

A plan showing the layout of the crossing and associated zig-zag carriageway markings can be inspected, by appointment, during normal office hours on Mondays to Fridays inclusive, until Monday 22nd July 2013, at the Town Hall, Mulberry Place, 5 Clove Crescent, E14 1BY, by telephoning 0207 364 6529.

Any representations regarding the crossing should be sent to the address below by Monday 22nd July 2013.

Dated: 8th July 2013

**JAMIE BLAKE
SERVICE HEAD
PUBLIC REALM
TRANSPORT & HIGHWAYS
MULBERRY PLACE
5 CLOVE CRESCENT
LONDON E14 2BG**

PUBLIC NOTICE

THE LONDON BOROUGH OF TOWER HAMLETS

ROAD TRAFFIC REGULATION ACT 1984 - SECTION 14 (1)

LONDON BOROUGH OF TOWER HAMLETS

THE TOWER HAMLETS (A3 PARKING PLACES)(NO.1) ORDER 2011 (AMENDMENT NO.2) ORDER 2013 NO.24

THE TOWER HAMLETS (C4 PARKING PLACES)(NO.1) ORDER 2011 (AMENDMENT NO.2) ORDER 2013 NO.25

THE TOWER HAMLETS (D1 PARKING PLACES)(NO.1) ORDER 2011 (AMENDMENT NO.2) ORDER 2013 NO. 26

THE TOWER HAMLETS (GOODS VEHICLE LOADING BAYS) (NO.1) ORDER 2011 (AMENDMENT NO.2) ORDER 2013 NO.27

THE TOWER HAMLETS (WAITING & LOADING RESTRICTION) (AMENDMENT NO. 6) ORDER 2012 NO.28

THE TOWER HAMLETS (FREE PARKING PLACES) (GENERAL USE-DISABLED PERSONS) (NO.1) ORDER 2010

(AMENDMENT NO.2) ORDER 2013 NO.29

- NOTICE IS HEREBY GIVEN that the Council of the London Borough of Tower Hamlets propose to make the above-mentioned Orders under the relevant sections of the Road Traffic Regulation Act 1984, as amended by the Local Government Act 1985 and the Traffic Management Act 2004.
- The general effect of the Orders would be:-
 - to convert the Goods Vehicles Loading only bays to General Use Loading bays in the following streets:-
 - MARTHA STREET opposite no. 14.
 - CHAPMAN STREET near its junction with Watney Street.
 - HACKNEY ROAD outside no.477.
 - to introduce on existing Yellow Line a 4 space PAY AND DISPLAY (CASHLESS) parking bay in the following streets:-
 - WATNEY STREET – on the east side opposite Dunch Street.
 - WEST FERRY ROAD – east side between Byng Street and Strafford Street.
 - to convert existing Single Yellow Line Waiting restrictions to AT ANY TIME Waiting and Loading restrictions (i.e. Double Yellow Lines and double kerb chevrons) in the following streets:-
 - The whole length on the east side of BROKESLEY STREET;
 - Outside Bardsley Place between No.s 43 and 47a in MILE END ROAD;
 - to introduce a single PAY AND DISPLAY (CASHLESS) parking bay on the west side of WATNEY STREET south of Chapman Street by cutting back the zig zag lines;
 - to convert the Resident bay on the north side of STRAFFORD STREET near the junction of West Ferry Road to a SHARED-USE parking bay;
 - to introduce on existing Double Yellow Line on the east side of WEST FERRY ROAD between Byng Street and Strafford Street, 4 space Pay And Display (CASHLESS) parking bay;
 - to introduce on existing Yellow Line on the west side of WEST FERRY ROAD north of Hutchings Street, 5 space SHARED-USE parking bay;
 - to introduce At Any Time Double Yellow Line waiting restriction in VIOLET ROAD on the east kerb, from the entrance of Voysey Square to the entrance of Seven Seas Gardens;
 - to introduce a General Disabled bay on the west kerb of BROKESLEY STREET outside No.56;
 - to convert existing Single Yellow Line on the west side of WEST FERRY ROAD opposite Strafford Street to AT ANY TIME waiting restrictions;
 - to revoke the bays in the following streets:-
 - COVENTRY ROAD – Permit Holder Bay, east side south of Cudworth Street;
 - CUDWORTH STREET – Permit Holder Bay, north side, 2 spaces near Buckhurst Street.
 - DERBYSHIRE STREET – Shared-use (Permit Holder or Pay & Display) on both east and west kerbs near the junction of Voss Street;
 - to convert the Business Holder parking bays in COLLINGWOOD STREET:-
 - West side, south of Cudworth Street to Resident Permit Holder bay;
 - East side, between Cudworth Street and Barnsley Street to Permit Holder bay;
- The Regulations, fees and usual exemptions imposed by the governing Traffic Management Orders would apply to the proposals referred to in paragraph 2.above.
- A copy of each of the proposed Orders and all relevant documents can be inspected, by prior appointment, at the offices of the at the Parking Services Offices, 585-593 Commercial Road, London E10HJ (0207-364 6847), during normal offices hours on Monday to Friday inclusive until the expiration of a period of 21 days from the date on which this notice is published.
- Any person desiring to comment on or object to any of the proposed Orders should send a statement in writing of their objection and the grounds thereof, to the above address within the aforementioned period of 21 days.

Date: 9 July 2013

**JAMIE BLAKE
SERVICE HEAD, PUBLIC REALM**

**To place your advert in East End Life, call
Chris on 7364 4994 or Fatima on 7364 4623**

TEMPORARY PROHIBITION OF TRAFFIC – TILLER ROAD E14

NOTICE IS HEREBY GIVEN, that the Council of the London Borough of Tower Hamlets made an Order, which will prohibit vehicular traffic from entering, stopping or proceeding in the length of carriageway in Tiller Road for a distance of approximately 80 metres between its junction with Starboard Way and its junction with Omega Close.

The restriction on vehicular traf-

fic will enable essential works to be carried out on the public highway by Metro Traffic Services.

The alternative route will be via Alpha Grove, Mellish Street and Tiller Road and vice versa.

The restriction on vehicular traffic will operate from Thursday 18th July 2013 until the end of July 2013 and at times when temporary traffic signs are placed on the public highway pursuant to The Traffic Signs Regulations and General Directions 2002. The works are programmed for com-

pletion on Friday 26th July 2013.

Please refer any queries regarding the above traffic restriction to John Parsons, Network Coordinator, Transport and Highways on 020 7364 6680 or email, john.parsons@towerhamlets.gov.uk

Dated: 8th July 2013

**JAMIE BLAKE
SERVICE HEAD
PUBLIC REALM
ANCHORAGE HOUSE
2 CLOVE CRESCENT
LONDON E14 2BE**

Perri's a stunner

Perri Shakes-Drayton warmed up for the world athletics championships with a stunning Diamond League win.

SEE BACK PAGE

Sport

Cricket

THE highlight of the Victoria Park Community Cricket League this week was a magnificent unbeaten 79 by Nasir of Martians.

It was the best score of the week, but sadly Nasir still finished up a loser.

Island Community v Junoon (quarter final)

Island Community got off to a real flier with Rob and Joe putting on a 50 partnership before the first wicket fell.

Joe and Tanj both hit quick-fire 50s and Island finished on a massive 173.

Junoon were blasted by Joe, 3-27, and Tristan, 2-24, and could only muster 98-6.

Island Community now face local rivals Tower Hamlets in the semi-final for the first time in their history.

Chinatown v GAD (quarter final)

Chinatown reached the semi-final with a resounding 148 run victory over GAD – Khaled scoring 50 not out, Song an unbeaten 52 and Faris also unbeaten on 44 as they reached 188-1.

GAD were savaged by the bowling of Remy, 3-20, Yufie, 2-16 and Wang, 1-4 and were dismissed for a meagre 40-7.

The day before Chinatown bowled out Masiha for 64-7 in the second round before Khaled, 24 not out, and Sung, 22 not out, polished off the runs.

Tower Hamlets v Rose & Crown (Round 2)

No doubt about the star of this match, it was Mahabubul Alam with his sizzling unbeaten innings of 69 that helped Tower Hamlets to reach 140-6.

Krishna hit a fine 30 not out, but it was never enough to prevent Rose & Crown from crashing to defeat after reaching 124-6.

GAD v Martians (round 2)

Nasir of Martians hit the highest score of the day – a colossal 79 not out – and still finished up on the losing side.

Martians reached 127-7, but they could only stand and watch as GAD's Jack Errington hit 50

before retiring and Alan Dorn was not out on 42 and the side reached 128 for the loss of just three wickets.

Dynamite Ducks v Tawheed (Round 2)

Abdur Razzaq was the star with an unbeaten 54 as Dynamite Ducks reached 148-4.

Tawheed started well but Zaid and Amir restricted them before Zia and Razzaq took the game away in four overs.

Tower Hamlets v London Fields (quarter final)

Tower Hamlets opened the batting and they hit a superb 182-7 off 16 overs thanks to the prolific scoring of Soyfur Rahman, 52 not out, Shakeel Ahmed, 48, and Foysol Ahmed, 42.

It was always going to be a difficult score to beat and London Fields could only reach 85-7.

Island Community v Old Fallopians (round 2)

Old Fallopians were blitzed by the bowling of Shakeel, 2-15, and Jack, 2-8, and were sent tumbling for a total of just 63-7. It was an easy target for Island Community who reached the total without loss, Connor, 32, and Joe, 24, both unbeaten.

Junoon v New Boys (round 2)

New Boys opened the batting and Rommel's 53 not out was the highlight of their 149-7 innings.

Junoon owe their six wicket victory to the unbeaten innings of Hassan Mahmood, 51, and Waleed Khan, 53.

Contenders v Crossrail (round 2)

Orett Hoilett hit a magnificent 56 as Contenders hammered their way to 152-7. But Crossrail just failed to reach the target despite Chris hitting 51. They ended up on 133-4.

London Fields v Challengers (round 2)

Challengers pairing of Rameez, 52, and Ali Hassan, 23, helped steer the side to 123-7 in this cup clash – a match in which the bowling of Taz, 3-22, and Steve Fernbank, 3-24, was outstanding.

Unbeaten knocks by Robin Friend, 53, and Adam Graham, 38, were enough to steer London Fields to a five wicket victory.



Get fit and have fun

To find out more about the wide range of healthy and enjoyable events and activities available at the borough's leisure centres go to your local centre or visit...

WWW.GLL.ORG

Leila's dream – to make an Olympic splash

BY TOM SHEEN

DOCKLANDS Sailing and Water Sports Centre have a rising star in their midst after a dominating year by one of their young sailors.

Leila Moore, 12, has enjoyed a stellar season winning five of the major London regattas.

The Wapping High School pupil, who is about to finish year 7, is the current Inner and Greater London Regatta champion, the Borough Topper champion, and London Youth Games champion, where she won two gold medals.

She has also added a number of podium finishes, despite only racing her topper, Squirt, competitively for 18 months.

"She started in the Youth Afloat programme in 2010. We weren't going on holiday that year and needed something to fill the void," said mum Karen.

The five-week programme at the Docklands sailing centre also included other watersports.

"She started off doing wind surfing – she was also good at that, but as soon as she got into a boat that was it."

Leila has big dreams and is already thinking about compet-



Leila Moore doing what she loves best – splashing about on the river

ing at the top level.

"She wants to retire from the London circuit at the end of this season, go out on a high as the champion and do national competitions," added Karen.

"She's in England squads at the moment, in the South East

Regional Zone squad, but she wants to compete around the country and then in eight to ten years she wants to be an Olympic sailor."

Leila, who is sponsored by Canary Wharf Group and East End Homes, was also nominat-

ed for the Canary Wharf Sports Personality Awards. And it's clear she has a big future.

Karen said: "Leila sails against the adults and beats them! They say to me 'we're not just letting her win, we're really trying to beat her'."

Karate kids celebrate a special anniversary

Karate

EAST End karate club Kaizen Ryu celebrated their tenth anniversary last week with a gala bash at the King George banqueting hall in Newbury Park.

Two hundred students and their families, along with special guests and coaches, gathered for an evening of awards, demonstrations, speeches and an after-party.

Dean Milton from the Jack

Petchey Foundation and James Cook, the club's patron and a former European boxing champion, were the special guests in attendance, while Zakir Khan from the Canary Wharf Group sent a video message of support.

Dean handed out awards and James posed for photos with kids and also gave away a number of signed gloves.

Kaizen Ryu operate karate classes across east London and Essex.

For more information visit www.kaizenryu.com

Corporate battle will help give youngsters a treat

Dragonboats

THE annual Docklands Sailing & Watersports Centre Dragon Boat Challenge takes place on July 16 and it has a big bearing on the borough's youngsters.

This corporate battle is used to raise funds for DSWCs annual Youth Afloat scheme, a summer activity programme offering sailing, windsurfing, kayaking and canoeing for up to 400 youngsters.

No experience is required be-

cause a short training session will be provided. And you can dress up as a superhero if you wish.

Companies are now being asked to pay the £350 to enter a team and every £50 raised will directly support a single child to participate in Youth Afloat for one full week.

Each team is asked to raise a minimum of £250 sponsorship although they are encouraged to raise more.

To find out more or to enter a team just call 7537 2626.



Tour celebrates in east London

The Tour de France, which celebrates its centenary this year, is on the big screen at Canary Wharf with a special Fan Park offering photos from the past, demos and interactive events for fans.

SEE BELOW

Tell the East End

Do you have a sports club you would like to be included in our listings? If so email the details to...

EASTENDLIFE.NEWS@TOWERHAMLETS.GOV.UK

Sport

Sport in brief

Rapid progress for Bishop Challoner

BISHOP Challoner will represent the borough during a schools sports festival that has attracted entries from London, Essex and Hertfordshire.

On Monday and Tuesday pupils will travel to Lee Valley White Water Centre to test their skills on the rapids – the third annual schools festival organised by Lee Valley Regional Park Authority.

Pupils will get the chance to follow in the footsteps of Olympic heroes, as the centre hosted the six-day canoe slalom event. It is now completely open to the public.

“The festival will give hundreds of students the chance to try white water rafting,” said the authority’s chief executive, Shaun Dawson, last week.

It’s capital stuff for ladies rugby

AFTER a year of quick development in the RFU Development League, Millwall Ladies have taken an historic trip and joined a London wide league.

For the 2013/14 season Venus, as the ladies are known, will compete in the National Challenge London 3 League with local rivals East London and Barking.

The progress of the side in recent years has been due to the tireless commitment of volunteers who are eager to see how far the team can progress.

“Former Ladies’ chairs Louise and Caroline Dieleman have done a great job to get the



Millwall Ladies after their Sitges beach competition

team where we are now,” said the new chair, Edna Schweizer.

“I hope that, together with new Venus manager Kirstie Hargreaves, we can continue the great work and be able to enjoy another great season of rugby.”

The ladies have recently returned from a trip to Sitges in Spain where they competed in a beach sevens competition. The team put on a good show to finish fourth in the group.

Menay class earns area title win

LANSBURY boxer Menay Edwards won the Southern Area cruiserweight title at York Hall last week after a close victory over JJ Ojuderie.

The 28-year-old, trained by Del Grainger at the Poplar club, beat Ojuderie 97-94 for his 11th win in 13 fights.

● Nine Repton schoolboys flew to Ireland to compete in the Monkstown Box Cup in Dublin over the weekend. After a record-breaking year for their young fighters, the team are well placed to add more awards to a trophy-laden season.

Canary Wharf will welcome Tour fans

CYCLING fans will flock to Docklands as the UK’s first Tour de France fan park arrives in Canary Wharf next week.

Wood Wharf will be celebrating all things cycling centred around a 42 sqm screen that will broadcast the race live during its final, exciting week.

The Fan Park will offer lots for cycling enthusiasts with interactive cycling activities, food stalls, bars, and demos.

And there is also the chance to learn more about the fascinating history of the 100-year-old race with photographs from its past and details of how the Tour made its name.

“We are incredibly excited to have the first ever Tour de Fan Park on Wood Wharf,” said Katy Doggett from Canary Wharf Group.

“The Fan Park will be the best place for Tour aficionados and first time cyclists to come and get swept up in great British cycling culture.”

The Fan Park is at Wood Wharf, E14 from July 15-21.

Win a ticket to see Lions roar



READER OFFER

ONE of the UK’s premier basketball teams will kick-start its new season with an international match at the Copper Box Arena in Queen Elizabeth Olympic Park on August 14.

The London Lions will play leading US college side, the Iowa Hawkeyes, in one of the first major sporting events to take place at the venue after it opens to the public on July 27.

It will be the first time that Londoners can watch the Lions in their new home – the 7,500-seat Copper Box Arena which was known affectionately as the “box that rocks” during the London 2012 Olympic and Paralympic Games.

Since the Games, the site has been transformed into one of London’s premier sporting and entertainment venues and is now under the management of charitable social enterprise GLL.

The refurbishment programme also means that the Copper Box Arena is now more

than just a sporting venue. It also boasts state-of-the-art community facilities including an 80-station gym, exercise studio, café, crèche and sports hall - all available for use by local residents, clubs and schools.

Venue manager Russ Barnes said: “The arena has been designed as a dual purpose community facility and elite sporting and entertainment venue.

“We are delighted that the London Lions have decided to make it their competition base, it means that local residents can regularly experience top class sport on their doorstep and the Iowa match is a great way to kick start their tenure.”

London Lions coach Vince Macaulay said: “We are delighted to have such a respected university as our first opponents at the Copper Box Arena.

“It’s just the kind of test we need to get the ball rolling for what promises to be an exciting time for Lions basketball and GB basketball.”

For further information vis-

it www.better.org.uk/copperboxarena, for more about the London Lions visit go to www.londonlionsbasketball.com

East End Life readers have the chance to win a family ticket (for four people) to watch the game and meet the players.

To enter a prize draw for the tickets and an opportunity to meet the players, answer the question below and send your entry to: Copper Box competition, East End Life, Town Hall, Mulberry Place, 5 Clove Crescent, Poplar E14 2BG.

Alternatively, email eastendlife.news@towerhamlets.gov.uk, putting Copper Box draw in the subject line.

All entries, which must include your full name, address and telephone number, should arrive by Wednesday, July 17.

Competition rules apply. Multiple entries will not be considered.

Q. What was the Copper Box known as during the London 2012 Olympic and Paralympic Games.



Bishop Challoner pupils will follow Olympic heroes and try white water rafting



Super prize

Win tickets for London Lions basketball at the Copper Box Arena.

SEE PAGE 39



Leila, 12, is really making waves

Leila Moore, (left), of the Docklands Sailing & Watersports Centre, is proving a rising young star after winning five of the London regattas she has entered this season.

SEE PAGE 38



eastendsport

TOWER HAMLETS

NEWS FROM TOWER HAMLETS COUNCIL AND YOUR COMMUNITY

Perri all set for her world bid

BY PETER FAULKNER

LAST weekend's Diamond League athletics meeting proved what we already know – that we also have a real diamond in Perri Shakes-Drayton.

While fans sat in blistering heat, Perri, the former Bishop Challoner schoolgirl, was blazing a trail of her own in her favourite event – the 400m hurdles.

After Perri's gold success in the European championships 400m flat a week earlier, everyone was looking forward to her return to the hurdles and the prospect of a thrilling showdown with her main British rival Eilidh Childs.

Childs took Perri's place in the

hurdles for the European championships and stormed to a gold medal in a personal best time so the Diamond League clash in Birmingham had a special edge.

As it turned out though it was something of an anti-climax because Shakes-Drayton had the race tied up right from the starting gun.

As she reached the final bend she was clear of Childs and no-one was going to catch her – not even Lewis Hamilton in his F1 Mercedes.

She flashed across the line in 53.82s – the fourth fastest time in the world this year (her best is 53.77s) – while Childs was happy with another personal best of 54.02s.

Before the race Perri told her cheering fans: "I have got some unfinished business in the 400m hurdles."

After the race Perri, who is gearing up at Mile End Stadium for the world championships in August, was happy with her form.

"It's always nice to get somewhere near your peak form as you approach any major championships and all I need to do now is make sure that I stay fit and healthy," she said.

The only thing that remains to be seen now is whether Perri will concentrate on her best event, the hurdles, or will she take a risk and go for the 400m flat where she has already proved that she is something very special.



Sharks make a splash

Swimming

BETHNAL Green Sharks held their annual Canary Wharf sprint gala at Mile End, with 80 members enjoying a magnificent evening's racing.

Notable performances came from Ronni Philimore, Kaia Cud-

more and Christopher Houlihan, who all secured first place finishes across all four strokes – freestyle, back stroke, breast stroke and butterfly – in their respective age groups.

Samuel Collins, Fraser Collin and Brid Cudmore were not far behind, winning three out of the four races in their age groups.

"The times achieved by the swimmers were very promising," said club coach Calvin Cheung.

"Many of these were personal bests and a number of them exceeded county bests.

"Among those was Amy Kavanagh who slashed seconds off previous years' times."



Perri Shakes-Drayton at last week's Diamond League

Photo: PACE Sports Management

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Theos take to the streets

A night on patrol with enforcement officers

PAGE 13



Cash help for uni-bound kids

What pupils and teachers think about higher education grant

SEE PAGES 20 & 21



Slam dunk with the Lions

Win tickets to see London Lions basketball game

SEE PAGE 39

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The Prophet Muhammad (PBUH) made it easier for us to gain the blessings of Ramadan by dividing the month into three parts:

The First third of this month is the days of Mercy from Allah SWT

The Second third is the days of Forgiveness of Allah SWT

The Last third are the days of Salvation from the Hellfire

This Ramadan Be the change.

RAMADAN			JULY AUG	FAJR FAST BEGINS	SUNRISE	DHUHR BEGINS	'ASR 1 MITHL	'ASR 2 MITHL	MAGHRIB FAST ENDS	'ISHA BEGINS
The start and end date of Ramadan may vary according to the decisions of the Muslims		1	9	3.00	4.54	1.11	5.26	6.39	9.20	10.49
	1	2	10	3.01	4.55	1.11	5.26	6.39	9.19	10.48
	2	3	11	3.02	4.56	1.11	5.26	6.38	9.18	10.46
	3	4	12	3.04	4.58	1.11	5.26	6.38	9.17	10.45
	4	5	13	3.05	4.59	1.11	5.25	6.38	9.16	10.43
	5	6	14	3.07	5.00	1.12	5.25	6.37	9.16	10.41
	6	7	15	3.08	5.01	1.12	5.25	6.37	9.15	10.39
	7	8	16	3.10	5.02	1.12	5.25	6.36	9.14	10.38
	8	9	17	3.11	5.03	1.12	5.24	6.36	9.12	10.36
	9	10	18	3.13	5.05	1.12	5.24	6.35	9.11	10.34
	10	11	19	3.14	5.06	1.12	5.23	6.34	9.10	10.32
	11	12	20	3.16	5.07	1.12	5.23	6.34	9.09	10.30
	12	13	21	3.17	5.08	1.12	5.23	6.33	9.08	10.28
	13	14	22	3.19	5.10	1.12	5.22	6.32	9.07	10.26
	14	15	23	3.21	5.11	1.12	5.22	6.32	9.05	10.24
	15	16	24	3.23	5.13	1.12	5.21	6.31	9.04	10.21
	16	17	25	3.24	5.14	1.12	5.21	6.30	9.03	10.19
	17	18	26	3.26	5.15	1.12	5.20	6.29	9.01	10.17
	18	19	27	3.28	5.17	1.12	5.20	6.28	9.00	10.15
	19	20	28	3.29	5.18	1.12	5.19	6.28	8.58	10.13
	20	21	29	3.31	5.20	1.12	5.18	6.27	8.57	10.10
	21	22	30	3.33	5.21	1.12	5.18	6.26	8.55	10.08
	22	23	31	3.35	5.23	1.12	5.17	6.25	8.54	10.05
	23	24	1	3.37	5.24	1.12	5.16	6.24	8.52	10.03
	24	25	2	3.38	5.26	1.12	5.16	6.23	8.50	10.01
	25	26	3	3.40	5.27	1.12	5.15	6.22	8.49	9.58
	26	27	4	3.42	5.29	1.12	5.14	6.21	8.47	9.56
	27	28	5	3.44	5.30	1.12	5.13	6.19	8.45	9.53
	28	29	6	3.46	5.32	1.12	5.13	6.18	8.43	9.51
	29	30	7	3.48	5.33	1.11	5.12	6.17	8.42	9.48
30		8	3.49	5.35	1.11	5.11	6.16	8.40	9.46	

TV LIVE APPEALS

Tue 16th Jul - Channel S
Wed 17th Jul - Islam Channel
Mon 22nd Jul - Islam Channel
Tue 30th Jul - Islam Channel
Sat 3rd Aug - Channel S
Mon 5th Aug - ARY

This Ramadan Don't forget Syria.

FEED THE FASTING PRICE PACK

£50 can feed a fasting family for a month
£5 a day for Fidyah
£5 per person for Zakat Ul Fitr

The Prophet (PBUH) said, "Whoever feeds a fasting person, will have a reward like that of a fasting person without any reduction in his reward". (Tirmidhi)

All the times are calculated according to GMT and during summer they are according to BST (Sun 31/3 - Sun 27/10) Isha and Fajr times are calculated according to the Sun being 18 below the horizon from setting and rising
'Asr begins: 2 Mithl, time according to Hanafi opinion; 1 Mithl, time according to other scholars' opinion

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